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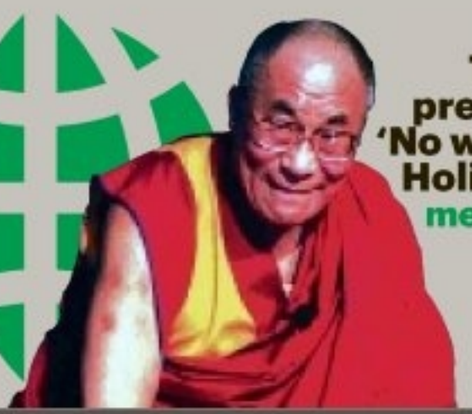
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Trump presidency? 'No worries,' His Holiness says
metroNEWS

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ROUGH AND LESS TUMBLE

A Halifax roller derby league wants to expand — by taking the contact down a notch

metroNEWS

JEFF HARPER/METRO

Wanted: Plan to end shootings

HOMICIDES IN HALIFAX

Church groups calling for public health strategy



Haley Ryan
Metro | Halifax

A group of Nova Scotia churches is calling for a public health strategy to address the gun violence in Halifax that has left seven black men dead this year.

On Wednesday, the African United Baptist Association of Nova Scotia (AUBA) said in a release they were mourning with the families of those impacted in the African Nova Scotian community. "We are gravely saddened by the lack of a coordinated response to this crisis through a strategic approach," the release said.

In Monday's fatal shooting, Tyler Keizer became the 12th homicide of the year in Halifax, a number that includes six young and one middle-aged African Nova Scotian men.

When asked by Metro News Wednesday if the province is doing anything to address the gun violence, Premier Stephen McNeil said the minister of justice and her department were working "to try to deal with the root causes."

"The solutions are in the community, and how do we best support them and work with them and obviously making sure that the laws in the province are reflective of those who decide to use gun violence," McNeil said.

The AUBA said the shootings' impact on the entire African Nova Scotian community, as well as the city and province, shows a need for a public health strategy from all levels of government with the IWK and the Nova Scotia Health Authority.

Such a strategy should provide "short and long term collaborative, culturally competent, and relevant public health initiatives," the AUBA said.

They are also asking that a team of "culturally competent" mental health clinicians be made available to give support to families and youth impacted by the violence.

WITH FILES FROM YVETTE D'ENTREMONT/METRO

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Lawren Harris painting titled Mountain Forms sets new Canadian art record, selling for $9.5M.

A dope idea for these guys

LEGALIZATION

Trailer Park Boys working to have name on pot brand



Jen Taplin
For Metro | Halifax



The Trailer Park Boys are working with OrganiGram Holdings Inc. to have their name on a pot brand when legalized. CONTRIBUTED/THE TRAILER PARK BOYS

They've got the whiskey covered, now onto the weed.

Trailer Park Boys inked a contract with OrganiGram Holdings Inc, a Moncton-based producer of medical marijuana, to brand their recreational marijuana product when it is legalized.

Last year the Trailer Park Boys, the Nova Scotia-filmed TV show which spawned two movies, launched their own Liquormen's Ol' Dirty Canadian Whiskey.

On Wednesday, OrganiGram announced a branding partnership. Ray Gracewood, chief commercial officer at OrganiGram, said the deal has been in the works for about a year.

"It began with both sides, in a forward-looking way, understanding the importance of brands within the recreational market space," he said. "We both have a strong Maritime connection and we're unique within our industries of being from the Maritimes."

Basically Trailer Park Boys bring the lifestyle and OrganiGram will have the product – if or when it is legalized.

Gracewood said when recreational marijuana is legalized, they will be the only licensed producer with an active selling license in the region.

"We see there is great value within the future recreational cannabis market for the Trailer Park Boys brand."

Louis Thomas, president of Sonic Entertainment Group which represented TPB Productions Ltd., said in a statement they've been monitoring the cannabis marketplace and felt OrganiGram was a good fit.

"And the timing was right to move forward," Thomas said.

It's a five year, exclusive branding partnership which involves a combination of royalties and non-monetary considerations.

The Liberal government has said they could introduce legislation in 2017 after examining the report from a task force.

Even though recreational marijuana is not even legal, Gracewood said they're just getting ready for the eventuality. If it doesn't happen, a caveat in the branding contract says the nature of the agreement would change.

"Right now we don't want to be reactive and we don't want to be late to the party ... preparations for that take a significant amount of time," he said.

"Having a strong celebrity-endorsed brand is part of our portfolio is very much part of our strategy."

THE NEXT STEP

Now the contract is signed, Ray Gracewood said the next step is to do a full creative development of what the brand and packaging will look like.

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HEALTH

Preparation needed for fentanyl onslaught



Dr. Robert Strang METRO FILE

Nova Scotia must prepare for a potential wave of deaths due to illicit fentanyl, and must as a result be careful in addressing painkiller over-prescription, says the province's chief public health officer.

Robert Strang said Wednesday the linkage of the two issues was his prime takeaway from discussions at the recent national summit examining Canada's opioid crisis in Ottawa.

Strang said while the problem hasn't reached Nova Scotia on a great scale yet, the effects of fentanyl being cut into street drugs such as marijuana and cocaine has put a strain on the emergency medical systems in British Columbia, Alberta and other provinces.

"It's certainly creating huge amounts of toll on families and individuals on avoidable deaths," said Strang.

He said Nova Scotia does have the "luxury of time" to learn from other provinces about how to deal with a problem that is gradually making its way east in Canada.

Strang said he talked to a B.C. colleague Tuesday and learned the extent of the problem on the West Coast: There were more than 90 calls for overdoses over the weekend, with 13 suspected deaths.

> We are dealing with a complexity here of an issue the like we have not seen. Health Minister Leo Glavine

"That's the scope of the urgency of the crisis and we have to be prepared to respond to a similar scale given our differences in population sizes, here in Nova Scotia."

Strang said it's also why the province must be careful not to drive people who get opioids through prescriptions to the illicit market, which could worsen the problem of overdose deaths.

"This is a complex issue and we need to work through both of these carefully," he warned.

Health Minister Leo Glavine said it's expected the federal government will be issuing new prescribing protocols for doctors in January.

The two-day Ottawa meeting wrapped up last weekend with federal Health Minister Jane Philpott promising a number of pieces of legislation to address the growing opioid crisis.

Nova Scotia has recorded 49 fentanyl deaths this year, a growing figure that prompted a meeting between government and health officials late last month.

Seven working committees are currently studying issues ranging from increasing the availability of naloxone — the medication that reverses the effects of overdoses — to securing funding for non-profit addiction centres.

Working groups are also examining addiction treatment and physicians' prescribing habits.

Strang said action plans will be available in late January or early February.

THE CANADIAN PRESS



HOLIDAY **STRINGING LIGHTS IN GRANDE PARADE** Halifax City worker Cris Hoar attaches decorations to a huge Christmas tree in Grande Parade on Wednesday. Part of the decorations this year are 150 Canadian flags to commemorate our 150th anniversary in 2017. The tree lighting is this Saturday, November 26, from 6 to 7 p.m., and is free to attend. JEFF HARPER/METRO

Province rolling out new, accessible rides

TRANSPORTATION

$2 million grant to help Halifax Transit replace buses



Yvette d'Entremont
Metro | Halifax

A $2 million provincial grant will help Halifax Transit buy nine new buses this year.

The nine new 40-foot accessible low-floor buses will replace older ones being used on the MetroX rural express routes.

Premier Stephen McNeil and Halifax Mayor Mike Savage were among those who spoke outside the Halifax ferry terminal on Wednesday for the official announcement.

"New buses mean new opportunities for those with mobility challenges who need the transit system," Savage said.

> New buses mean new opportunities for those with mobility challenges. Halifax Mayor Mike Savage

"Increased accessibility of the conventional bus service reduces reliance on Access-A-Bus door-to-door service, which is in high demand. Those who can get to a regular bus stop will have the comfort of knowing that an accessible bus is on the way."

This is the third consecutive year Halifax has received $2 million from the public transit assistance program grant.

"This $2 million contribution is making a big difference for us," Savage said during the announcement.

"We're also looking at what we can do from an environmental point of view. We're looking at electric buses as well."

Halifax Transit is just one of six public transit services across the province receiving $2.9 million through the program this year.

The province said the formula for the grant is based on total annual ridership and population in the area of the transit service.

9

The number of MetroX buses that are coming.

CRIME

Teen sexually assaulted near waterfront: Police

Police are investigating after a boy says he was sexually assaulted while sitting on a bench in the area of the Halifax waterfront.

The incident involved a 17-year-old and the suspect, who the victim didn't know, on Tuesday night. The man sat down next to the boy "and sexually assaulted him by reaching under his clothes," according to a Halifax Regional Police release.

The victim immediately pushed the man away, who then ran off.

The suspect is described as a white man, between the ages of 40 and 50, who was tall and skinny.

There have been no arrests and police continue to investigate. METRO

FIRST NATIONS

Premier to apologize to Mi'kmaq for brief

Nova Scotia's premier says he will apologize after a government lawyer implied members of a First Nations band are a conquered people when he meets Thursday with a group of Mi'kmaq chiefs.

Stephen McNeil distanced himself last week from a legal brief that was presented as part of the government's case in an appeal of its approval of a plan by Alton Gas to store natural gas in salt caverns near the Shubenacadie River.

McNeil, who says he didn't see the brief before it was presented in court, says he does feel frustrated at how things turned out and he will convey that to the chiefs.

He says he will also tell them his government believes it has a duty to consult with First Nations.

During the hearing this month in Nova Scotia Supreme Court, the Indian Brook band argued the province had a duty to consult with it on the project.

The government brief said the Crown's obligation to consult extended only to "unconquered people," and that the band's submission to the Crown in 1760 negated its claim of sovereignty and negated government's constitutional duty to consult. THE CANADIAN PRESS

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'Art can spark change'

Four Lands project brings indigenous, youth perspectives to Halifax gallery



Haley Ryan
Metro | Halifax

A rain cloud with flashing lightning sits amongst smoke stacks on one table.

Another holds a tiny person flipping through the pages of a book, as teepees rise up nearby amongst the grass and logs.

Miniature sculptures and drawings are just some of the ways the Four Lands travelling art gallery is engaging people in the Halifax area this week.

The Jumblies Theatre project out of Toronto is aimed at bringing out thoughts from diverse indigenous, inner-city, and immigrant communities with the intention of "expansion of understandings," said artist and organizer Ruth Howard.

"Expressing … stories that are maybe not so well known, or that've been buried and neglected," Howard said Tuesday at the NSCAD University's Port Campus, setting up the dozens of miniatures and artwork created since last weekend in a free public display.

The project is based on four lands, Howard said: good land is what you like, while bad land is what you don't like and want to change. Lost land is home to things in the past, and dream land is what you wish for or imagine.

By visiting different groups like Team Possibles (an arts group of young people with Down syndrome), NSCAD students, Wonder'neath (an independent artist studio in the north end with community drop-ins), Family SOS, a women's shelter group and more, Howard said it was amazing to see how many passionate ideas came out.

One young girl from Team Possibles had always dreamed of writing a children's book, Howard said, so she suggested they create a tiny sculpture of a book with real turning pages.

Connecting with indigenous communities from Indian Brook, Shubenacadie and other areas was a highlight, Howard said, including residential school survivors like Dorene Bernard who brought up the delayed monument on the old site of the Shubenacadie school.



Howard said when she was told that $500,000 had been awarded in 2012 by the Truth and Reconciliation Commission to build a monument, and none had yet been built, she suggested creating a small miniature of it themselves.

An early artist's design had seven chairs in a circle with the names of children who died at the school, with the eight-point Mi'kmaw star between them, Howard said.

They recreated it with cardboard and took it to the site themselves for photos and a smudging ceremony, she added.

"It was very gratifying. It was very meaningful and emotional for everyone there," Howard said.

The Shubenacadie group has also reached out to the government on social media with the photos asking "when are you going to make it?"



1 Artist Ruth Howard adjusts some of the miniature four lands art at the NSCC Waterfront Campus on Tuesday.

2 A detail of the Shubenacadie mini monument. PHOTOS JEFF HARPER/METRO

No matter what happens next, Howard said "art can spark change."

The groups who contributed and the general public are all invited to the free closing ceremony on Saturday evening, where there will be refreshments and music from the All Nations' Drummers.



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Roller derby, but more gentle

SPORTS

Halifax league hopes to make sport accessible to everyone



Jen Taplin
For Metro | Halifax

There is way more to roller derby than eight wheels and an attitude.

And with a new expansion in the works, the Anchor City Rollers — Halifax's roller derby league — are hoping a wave of fresh skaters will discover what the sport has to offer.

Stephanie Coffin said they're launching a new Low Contact program, an expanded Learn to Skate course and financial assistance.

Coffin, director of the Learn to Skate program, said the course now has four trainers instead of one and has greater availability.

And since some people drop out because of the intense competition, the league is starting a low-contact version.

"Competitive roller derby is a very high-contact sport; it's very rough and tough," Coffin said.

"Personally I'm just sick of seeing people not continuing to skate with us for whatever reason. If they just want to come out and get a bit of a workout every week for two hours, then I completely support that."

Roller derby, like any sport, has start-up costs: around $500-$750 for the course and gear.

"It is a huge barrier for some people," Coffin said. "We want to eliminate those barriers as best we can."

Skaters can now apply for a scholarship to help with the start-up costs.

When Shirley Jollimore started in January, she could hardly move a muscle afterward.

"I could barely drive myself home at the end of it, I was so exhausted," said the 48-year-old mother of three.

"I would crawl up the stairs, and my kids would be laughing at me ... but I would come home with a big smile on my face."

Jollimore also loved meeting a diverse group of people of all ages and fitness levels.

"I thought, wow, there really is a place for everyone here," she said.

Kaarina Mikalson, 26, also started in January.

"I was very scared, but they were so welcoming and encouraging, so that (fear) disappeared really fast," she said.



Anchor City Rollers' Stephanie Coffin leaps over Liz Wile on Wednesday at the Emera oval. JEFF HARPER/METRO

BENEFITS

Roller derby can do more for you than physical exercise, Coffin said.

"A lot of people say they find this sport in times of crisis.... It provides a really amazing outlet to work through whatever you're working through in your life," she said. "I didn't really learn how to get back up after I was knocked down in life until I learned how to do that on the track."

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'Internet black widow' agrees to peace bond

IN COURT

Shepard, 81, to report any new romantic relationships

An 81-year-old woman who killed and poisoned her intimate partners has agreed to peace bond conditions that require her to report any new romantic relationships to police for the next two years.

Melissa Ann Shepard had originally been expected to sign the lengthy set of conditions on Oct. 31 in Dartmouth provincial court, but there have been several delays due to negotiations on the details of the bond.

Shepard — who is also known as the Internet black widow — used a walker in court Wednesday to stand and agree to 21 conditions negotiated between the Crown and Shepard's lawyer Mark Knox.

Under the bond conditions, she is required to report to police any potential relationship with a man and to report weekly to police by telephone or in person.

She is also to inform police of any changes to her appearance and provide them with fresh photographs.

The elderly woman was released from prison in March after serving a full sentence of just under three years for spiking newlywed husband Fred Weeks's coffee with tranquilizers in 2012.

She had initially challenged the conditions, but agreed to sign them after changes were made.

In August, Shepard pleaded not guilty to violating previous imposed court conditions by allegedly using a computer at the Halifax Central Library.

Her trial on that charge has been scheduled for Feb. 1.

Crown attorney James Giacomantonio said outside court that the peace bond conditions will continue for two years from Tuesday regardless of the outcome of the February hearing.

THE CANADIAN PRESS



Melissa Ann Shepard, known as the Internet black widow, arrives at court in Dartmouth on Wednesday.

ANDREW VAUGHAN/THE CANADIAN PRESS

INDECENCY TRIAL

Witness testimony comes under fire

Brent Hawkes' lawyer told his gross indecency trial in Kentville, N.S., Wednesday the evidence against the Toronto pastor is "weird."

Clayton Ruby said in his closing argument to the judge that the entire case will be remembered as weird, amid "an abundance of evidence" that the testimony of witnesses is unreliable.

He said the Crown has "many problems" meeting the burden of proof beyond a reasonable doubt.

"I do not have the evidence to prove the witnesses are lying, but we do have evidence their testimony is unreliable," Ruby said.

"There is a lot of contradiction and unreliability between the Crown witnesses."

A middle-age man testified Hawkes led him down a hallway naked during a drunken get-together at his trailer in the mid-1970s, and forced oral sex on him in a bedroom when he was about 16 years old.

Ruby said two of the witnesses who testified about the party said they were very drunk, including the complainant, and that alcohol impairs memory and can lead to "imagination inflation."

"What the alcohol does ... is it produced contradictory and unreliable accounts of events," Ruby said.

Hawkes, a high-profile rights activist who was then a teacher in Nova Scotia's Annapolis Valley, has categorically denied the allegations and pleaded not guilty to charges of indecent assault and gross indecency.

THE CANADIAN PRESS

IN BRIEF

Classic winter on the way

Stock up on the storm chips because forecasters are suggesting it could be a classic winter for Atlantic Canada. The Weather Network released its seasonal forecast Tuesday suggesting this winter will be unlike last year's El Nino-dominated weather that saw exceptionally mild temperatures and not a lot of snow. TC MEDIA

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Offer(s) available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from November 23 to 30, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to $1,740, $100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. **Representative Financing Example:** Financing offer on a new 2016 Soul EX AT (SO754G) with a selling price of $20,695, including $500 Holiday Bonus* equals $51/week for 84 months, for a total of 364 payments, at 0% with $0 down payment. Cost of borrowing is $0 and total obligation is $20,695. ΔDon't Pay Until Spring (120-Day Payment Deferral) applies to purchase financing only on approved credit on all new 2016/2017 models at participating Kia dealers. No interest will accrue during the first 90 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal and interest monthly over the term of the contract which will be extended by 90 days.. Offer ends November 30, 2016. *No purchase necessary. Holiday bonus between $500 and $2,000 (including guaranteed $500 discount) awarded in dealership. Approximate odds of winning an incremental bonus prize of $250 -$1,500 at a participating Atlantic dealership are as follows: $750 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:3; $1,000 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:5; $1,250 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:10; $1,500 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:10; $2,000 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:460. Contest open to Canadian residents over the age of majority. Skill-testing question required. Discount prizes must be redeemed by November 30, 2016. See dealer or kia.ca/special-offers for complete contest details. ≠**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2017 Sorento 2.4L LX FWD (SR75AH)/2017 Forte LX MT (FO54TH)/2017 Sportage LX FWD (SP75IH) with a selling price of $27,695/$15,495/$24,895 is based on a total number of 156 weekly payments of $63/$35/$47 for 36 months at 0% with $0 security deposit, $1,500/$550/$1,600 down payment and first payment due at lease inception. Offer includes $500 Holiday Bonus† and $500/$500/$0 lease credit. Total lease obligation is $11,889/$5,500/$7,347 with the option to purchase at the end of the term for $14,401/$7,593/$14,439. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ‡Model shown Manufacturer Suggested Retail Price for 2017 Forte SX AT (FO74TH)/2017 Sportage SX Turbo AWD (SP75TH)/2017 Sorento SX Turbo AWD (SR75IH)) is $27,295/$39,595/$42,295. The 2016 Sportage received the lowest number of problems per 100 vehicles among Small SUVs in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com. ¶Offer available to qualified retail customers at participating Kia dealers on purchase or lease on all new 2016/2017 Kia models between November 1 and 30, 2016. Customer must choose one (1) of the following offers: (i) No Charge Winter Tires; OR (ii) Holiday Bonus between $500 and $2,000 (including guaranteed $500 discount). The following conditions apply to the No Charge Winter Tires option: Wheels are excluded. Installation, storage fees and tire tax are extra and vary by dealer and region. The brand of winter tires and tire size are at the dealer's discretion. Value of winter tires varies by model and trim. Offer has no cash surrender value and cannot be applied to past transactions. Visit your Kia dealer for complete details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.



CROSSING THAT BRIDGE PASSENGERS ADVISED TO PREPARE FOR HALIFAX TRANSIT ADJUSTMENTS Weekend closures due to the Big Lift, above undergoing earlier work, are expected to stop by the end of the year. Starting Monday, Halifax Transit is shutting down the Friday evening, Saturday and Sunday daytime MacKay Bridge shuttle service. Buses which normally travel on the Macdonald Bridge will take detours across the MacKay Bridge until the Macdonald is reopened on weekends. The Sunday to Thursday evening MacKay Bridge shuttle will continue. JEFF HARPER/METRO

DARTMOUTH

Police probe stabbing



Yvette d'Entremont
Metro | Halifax

Police have opened an investigation a stabbing that occurred Wednesday afternoon in Dartmouth.

In a media release, Halifax Regional Police said they received a report around 2:36 p.m. about a physical disturbance in the 0-100 block of Alderney Landing.

Police said there was a group of about five people in the area when a fight broke out between two men. This resulted in an 18-year-old man receiving a stab wound to his hand and a broken finger.

The victim was transported to hospital with non-life threatening injuries.

The suspect was located a short distance away and was arrested without incident.

He was still in police custody late Wednesday afternoon and there was still no word on charges.

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* See dealer for details. Model(s) may not be exactly as shown. Offer subject to change without notice, and may not include other taxes, registration, insurance and licensing fees. Price includes a $500 Conquest or Loyalty Rebate if applicable. O'Regan's Kia Dartmouth and Halifax locations only.

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American students turning to Canada

EDUCATION

University says site traffic up 12 per cent since election



Gilbert Ngabo
Metro | Toronto



UofT student Dan Proctor says friends back in the U.S. are asking him how they can study in Canada. EDUARDO LIMA/METRO

As an American citizen studying in Toronto, Dan Proctor is constantly explaining the Canadian way of life to his friends back home.

Since Donald Trump's election win, he's also been acting as a guidance counsellor — fielding requests about what it takes to become an international student.

"I have friends who are seriously discussing possibilities of transferring to Canadian universities," said the third year economics and cinema studies student at University of Toronto.

Information from the university backs his claims. A day after Trump's victory, UofT's website for prospective students reported nearly 10,000 American visits — that's about 12 per cent increase from normal traffic.

The school already receives an average of 350 American undergraduate students each year, and there's no reason to think that won't shoot up, said Richard Levin, the school's executive director of enrollment services.

"Students are always looking for a tolerant and inclusive environment to study," he said. "What happened in the election and the discussions there certainly heightened the fear and made Toronto a much more appealing place."

Both UofT and Ryerson confirmed they're increasing recruitment efforts south of the border.

"What's going on there is an opportunity for us to reach further and attract more brilliant brains," said Charles Falzon, dean of Ryerson's faculty of communication and design.

Originally from Boston, Proctor said concerns about what a post-Trump America means are especially real for women, people in the LGBTQ community and people of colour. Many fear the election may have "legitimized" discrimination, he said.

"We've all seen the upswing in the openness of hate crimes and speeches in the U.S. since Nov. 8," he said, referencing the example of a recent conference of white nationalists in Washington, D.C., where people were seen giving the hail Hitler salute and making racist comments. "It's certainly frightening. I'm not surprised that many people would want to get out."

QUEEN'S UNIVERSITY

Partygoers' costumes spark racism debate

As they walked between classes, stood in line to grab coffee, and wandered through the hallways of the John Deutsch University Centre on Wednesday, students across the Queen's University campus were debating and talking about racism- a conversation sparked after photos of students attending a party in offensive costumes went viral.

Photos from the party showed some party goers in jumpsuits wearing sombreros, while others were dressed in Buddhist robes, as Arab men, and as Viet Cong guerrillas. The theme of the off-campus event, which was a drinking tournament, was countries of the world.

Images from the party were posted on Twitter on Monday by Toronto comedian Celeste Yim.

"A very shockingly racist party thrown by Queen's students happened and the photos make me sick to my stomach," Yim tweeted. "The costumes are indisputably and unequivocally offensive, tasteless, and should not be tolerated. Context and intentions have no bearing."

The subsequent debate raged online, particularly in the Facebook group populated by students, Overheard at Queen's. Many decried the stereotypical outfits while others said the they were not offensive, and that reaction to the photos was overblown, saying people are becoming overly sensitive.

TORSTAR NEWS SERVICE



A group of party goers wearing Tibetan monk robes. TWITTER

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AIR CANADA VACATIONS

BRITAIN

Neo-Nazi sentenced to life for killing Cox

A white supremacist who shot and stabbed a pro-European U.K. lawmaker while shouting "Britain first" was sentenced to life in prison Wednesday for a crime prosecutors called an act of far-right terrorism.

Jurors at London's Central Criminal Court deliberated for less than two hours before unanimously finding 53-year-old Thomas Mair guilty of murdering Labour Party legislator Jo Cox.

Mair fired three shots at 41-year-old Cox with a sawn-off .22 rifle and stabbed her 15 times with a 7-inch (17-cm) dagger outside a library in the area she represented in northern England on June 16.

The murder, a week before Britain's referendum on European Union membership, shocked the country. Cox was the first British lawmaker killed in office in a quarter of a century.

Mair did not visibly react as he was convicted of murdering Cox and wounding 77-year-old Bernard Kenny, a passer-by who was stabbed as he tried to stop the attack in Birstall, 200 miles (320 kilometres) north of London.

Judge Alan Wilkie sentenced Mair to life with no chance of parole for the "brutal and ruthless" killing.

The judge said the murder had been carried out to advance a political cause "of violent white supremacism associated with Nazism."

Cox had been a prominent voice arguing for Britain to remain in the EU, during a divisive and often angry referendum campaign that focused heavily on the issue of immigration. She had also urged Britain to take in more refugees fleeing violence in Syria. THE ASSOCIATED PRESS

'I have no worries': Dalai Lama hopeful for Trump

GOVERNMENT

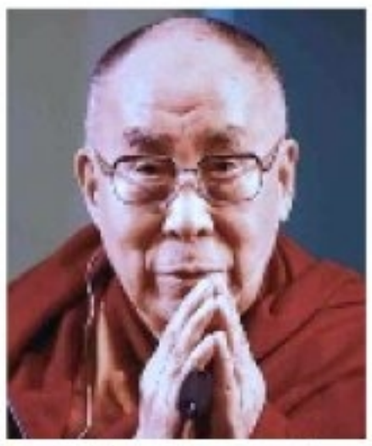
No meeting yet planned between spiritual leader, president-elect

Exiled Tibetan spiritual leader the Dalai Lama said Wednesday he has "no worries" about Donald Trump's election as U.S. president, adding that he expects the businessman will align his future policies with global realities.

The 1989 Nobel Peace Prize winner's remarks were his most extensive yet regarding the election of the real estate tycoon and reality television star who has called for putting America's concerns first and shown little interest in Washington's traditional espousal of global democracy and social justice.

Commenting at the conclusion of a four-day visit to Mongolia, the leader of Tibetan Buddhism said he looks forward to seeing Trump at some point following the Jan. 20 inauguration. Such meetings usually draw protests from Beijing, which accuses the Dalai Lama of seeking to split Tibet from China.

The 81-year-old monk said he has always regarded the U.S. as the leader of the "free world" and wasn't concerned about remarks made by Trump during the election campaign. Some of those comments have been cited as offensive to Muslims, Hispanics and other U.S. minority groups.



The Dalai Lama expects the President-elect will align policies with global realities. AFP/GETTY IMAGES

"I feel during the election, the candidate has more freedom to express. Now once they (are) elected, having the responsibility, then they have to carry their co-operation, their work, according (to) reality," he told reporters in the Mongolian capital, Ulaanbaatar. "So I have no worries."

Tenzin Dhardon Sharling, spokeswoman for the self-declared Tibetan government-in-exile in the northern Indian town of Dharamsala, said she was not aware of any plans for a meeting between the Dalai Lama and Trump.

She said the Dalai Lama and the Tibetan exile community have enjoyed good relations with successive U.S. presidents and expected that to continue under a Trump administration.

"His holiness has always put great hope in the U.S. as a champion of democracy. He hopes for continued support from the new president and his government," she said. THE ASSOCIATED PRESS



GOBBLE-GOBBLE

TURKEYS GET PUNNY PRESIDENTIAL PARDONS

President Barack Obama got the holiday mood started at the White House on Wednesday with the traditional pardoning of the national Thanksgiving turkey, this time with his nephews standing in for daughters Malia and Sasha.

The light-hearted ceremony in the Rose Garden also featured Iowa-raised turkeys Tater and Tot, with the latter receiving the formal reprieve.

Obama said he has used the past pardoning ceremonies to embarrass his daughters with a cornucopia of bad jokes about turkeys. "This year, they had a scheduling conflict. Actually, they just couldn't take my jokes anymore," the president said.

His nephews, Austin and Aaron Robinson, filled in admirably. Obama joked they had not yet been turned cynical by Washington. "They still believe in bad puns," Obama said. "They still have hope." GETTY IMAGES



Displaced Iraqis who fled Mosul receive food and drinks on Wednesday in Bartalla, east of Mosul. AFP/GETTY IMAGES

IRAQ

Thousands fleeing Mosul amid battle

They came by the hundreds — men, women and children fleeing the battle for Mosul, some bloodied and crying out for help. So large was the crowd on the road that Iraqi troops initially ordered them back, worried that a Daesh suicide bomber could be hiding among them.

Mosul's residents are fleeing in growing numbers as Iraqi forces push deeper into the country's second largest city, and the battle-hardened extremists are fighting for every block, exploiting the dense urban terrain and using civilians as human shields.

On Wednesday the tide of displaced people reached the Samah district, where Iraqi medics treated dozens of wounded, including at least six soldiers.

At one point, four children and a man from the same family were rushed into the station, bleeding heavily as their relatives wailed in grief. A mortar round had slammed into the inner courtyard of their home. A few minutes after being brought to the aid station, a 16-month-old girl with a head wound was pronounced dead.

Then the main rush came — hundreds of civilians racing forward on a dirt road. The troops ordered them to halt, saying they had intelligence that Daesh might send suicide bombers disguised as civilians. One of the men raised his shirt to show that he wasn't armed, saying he was desperate for food.

Mosul, which fell to Daesh in the summer of 2014, is still home to more than 1 million people. Fearing a mass exodus, authorities have urged residents to stay inside their homes. But the presence of civilians has prevented the U.S.-backed Iraqi forces from using overwhelming force, slowing their advance and prolonging the city's agony.

The UN says at least 68,000 people have fled the fighting in Mosul, including 8,300 over the past four days.

Later on Wednesday, Iraqi soldiers arrived from the front lines with a man who was bound and hooded. They said they had caught him burning tires to help the militants hide from airstrikes and the drones that buzzed overhead. Trembling, the man said he had been forced to aid the extremists. THE ASSOCIATED PRESS

Waterslide to be demolished

KANSAS CITY

'Proper course of action' after 10-year-old's tragic death

A 168-foot-tall Kansas waterslide on which a state lawmaker's 10-year-old son was killed last summer will be demolished once the investigations of the tragedy are finished, the water park's operators said.

Schlitterbahn Waterparks and Resorts and the family that runs it said in a statement Tuesday that the "Verruckt" ride at the Schlitterbahn park in Kansas City, Kansas, will be permanently removed from its tower "once the investigation is concluded and we are given permission by the court."

"In our opinion, it is the only proper course of action following this tragedy," the statement read, adding that "all of us at Schlitterbahn have been heartbroken over the tragedy that occurred on Verruckt."

Billed as the world's tallest waterslide, Verruckt has been closed since Caleb Thomas Schwab died on the ride Aug. 7.

Two women in the raft were injured.

Attorneys for the Schwab family — Caleb's father is Republican state rep. Scott Schwab — and the women are independently investigating the accident. No charges or lawsuits had been filed as of Tuesday.

Verruckt, which is German for "insane," featured multi-person rafts that made a 17-storey drop at up to 70 m.p.h., followed by a surge up a hump and a 50-foot descent to a finishing pool.

Riders were required to be at least 54 inches tall. Riders are weighed to ensure that each raft carried between 400 pounds and 550 pounds.

The regulation of waterslides and other amusement rides has drawn scrutiny since Caleb's death. Kansas requires annual inspections of permanent amusement park rides, but allows private inspectors to do the checks. Schlitterbahn Waterparks and Resorts said in its statement Tuesday that it has been co-operating with investigators and the victims' families and attorneys, noting that "the safety of our staff and our guests is our top priority."

"In our 50 years of providing an environment for families and friends to gather," the statement read, "we've never experienced this kind of devastating event."

THE ASSOCIATED PRESS

> **We've never experienced this kind of devastating event.**
> Schlitterbahn Waterparks and Resorts statement



Schlitterbahn Waterparks and Resorts Verruckt waterslide in Kansas City, on which a state lawmaker's 10-year-old son was killed in August. THE ASSOCIATED PRESS FILE

CENTRAL AMERICA

Unusual storm moves in

An unusually late-season Tropical Storm Otto swirled over the Caribbean just off Central America on Wednesday heading toward a possible landfall as a hurricane in Costa Rica, which hasn't seen such a storm since reliable record-keeping began in 1851.

Heavy rains from the storm were blamed for three deaths in Panama, and officials in Costa Rica ordered the evacuation of 4,000 people from its Caribbean coast.

The U.S. National Hurricane Center said the westward-moving storm had weakened slightly overnight down to tropical storm status, with winds of 110 km/h. But it said the storm would likely recover hurricane force and make landfall Thursday in the border region of Nicaragua and Costa Rica.

Costa Rican President Luis Guillermo Solis said Otto could damage the country's important coffee and agriculture sectors.

Early Wednesday, the hurricane was moving westward at 7 km/h. THE ASSOCIATED PRESS

RECEPTIONIST/ SALES COORDINATOR PART TIME POSITION

Reporting to the Administrative Specialist and Business Project Coordinator, Metro English Canada, the right candidate will carry out a range of Reception & Clerical tasks related to the daily operations for Metro Halifax, as well as provide support to the sales manager, and any additional administrative support as needed.

PRIMARY RESPONSIBILITIES:

- Responsible for all reception/clerical projects as assigned
- Responsible for the general daily office operations
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with queries and complaints, by email, phone and in person
- Data input of ad bookings from sales reps
- Completion of various reports daily, weekly, and monthly, pertaining to the sales team

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Individuals interested and having the skills described are requested to submit their resume and cover letter on our career site at: https://careers-starmediagroup.icims.com/jobs/1075/receptionist-sales-coordinator/job no later than December 4, 2016. All submissions will be treated as confidential! Thank you for your interest in joining our Metro News Team!

metro

INVESTIGATION

FBI: No hallucinogens found in system of face-biting suspect

The Florida college student accused of randomly killing a couple and chewing on the dead man's face had no detectable hallucinogenic drugs in his system, according to an FBI toxicology report released Wednesday.

Austin Harrouff had a trace amount of marijuana in his system when he allegedly beat and stabbed John Stevens, 59, and his 53-year-old wife, Michelle Mishcon, outside their Tequesta-area home Aug. 15, according to the report.

Martin County Sheriff William Snyder had previously speculated that Harrouff may have been on flakka or bath salts, but those drugs weren't detected.

Harrouff, 19, was hospitalized for two months after the killings for a burned esophagus, possibly from ingesting chemicals found in the couple's garage.

Nellie King, Harrouff's attorney, said Wednesday that her client is mentally ill.

"The judicial process will bear all of this out in due time," King said in a statement. Prosecutors declined comment.

Harrouff has pleaded not guilty to first-degree murder and other charges. He could face the death penalty if convicted.

Deputies had said when they arrived at the couple's home, they found the then-muscular former high school football player and wrestler in his underwear, making animal noises and biting Stevens' face as he pinned the man's body to the driveway.

According to court documents, one deputy ordered Harrouff off Stevens at gunpoint while another used an electric stun gun on him but he wouldn't let go. Snyder has said the deputies didn't shoot Harrouff because they feared hitting Stevens.

Finally, a deputy with a dog arrived and its bites enabled deputies to subdue Harrouff. Mishcon's body was found in the garage.

Harrouff, who had no previous arrest record, told deputies, "Help me, I ate something bad" and then admitted it was "humans" as he spit out a piece of flesh, court documents show. He begged deputies to kill him after they pulled him off Stevens, according to the records.

The crime reports detail a fierce attack, with blood found all over the couple's driveway. Both were pronounced dead at the scene.

Harrouff's parents issued a statement expressing condolences to the Stevens family and apologies to neighbour Jeff Fisher, who was stabbed while trying to rescue the couple.

THE ASSOCIATED PRESS

STRANGE BEHAVIOUR

According to police reports released Wednesday, Austin Harrouff's family and friends told detectives he had been acting strangely in the days before the attack.

- His mother told police he claimed to have superpowers and his bed had been moved to the garage because he thought demons were in the house.
- His sister said he told her he was "immortal."
- A friend said Harrouff claimed to be half-animal, half-human.
- His father said earlier on the day of the incident Harrouff had pulled a knife on two turtle shells and told his father something was going to happen. THE ASSOCIATED PRESS

Conflicts of interest loom

UNITED STATES

Trump's business ties raise some ethical issues

After Ivanka Trump appeared on CBS's 60 Minutes wearing a $10,800 US bracelet from her jewelry line, photos were sent to fashion writers to drum up free publicity. A firestorm of criticism erupted over the impropriety of profiting off the presidency.

If only the bracelet brouhaha was the end of it.

A look at five areas where conflicts may arise:

NEW HOTEL

For use of the Old Post Office for his new Washington hotel, Trump agreed on annual rent to the government. In addition, the president-elect agreed to additional annual payments based on how well the hotel is doing. Such payments typically require drawn out negotiations each year.

"How can anyone expect a government employee to treat the Trump family like any other contractor?" asks Steven Schooner, a professor of government procurement law at George Washington University who has studied contract.

As president, Trump will have the authority to appoint a new head to the General Services Administration, the federal agency that signed the lease with Trump and will negotiate the rent each year.

Business could get a lift if foreign dignitaries decide to stay at the new hotel to curry favour with the new president.

FOREIGN AFFAIRS

Trump's extensive operations abroad raise the possibility that his foreign policy could be shaped by his business interests, and vice versa. Trump has struck real estate deals in South Korea, the Philippines, Indonesia, Uruguay, Panama, India and Turkey, among other countries.

Trump's business ties will raise suspicions that he is getting special deals abroad because he is president, and that this runs the risk of violating the Emolument Clause that forbids public officials from receiving gifts from foreign governments without the consent of Congress.



U.S. President-elect Donald Trump speaks during an election night rally in New York. THE ASSOCIATED PRESS

TRUMP LENDER

One of Trump's biggest lenders is Deutsche Bank, a German giant in settlement negotiations with the Department of Justice on its role in the mortgage blowup that triggered the 2008 financial crisis.

Will a Justice Department under Trump go easy on the bank? Trump will nominate the head of that agency, too.

TAX AUDIT

Trump has cited a long running audit by the Internal Revenue Service in refusing to release his tax returns. The president nominates the commissioner of the IRS who serves for five years.

Trump will also get to make appointments to the National Labor Relations Board, which rules on labour disputes. In July, the board ruled against Trump in a case involving workers trying to unionize at the Trump Hotel Las Vegas. The Trump Organization lists six other hotels in the U.S.

FLURRY OF LAWSUITS

Trump said Friday that he agreed to pay $25 million to settle three lawsuits alleging fraud at his Trump University so he could focus on his preparing for his presidency. But this could also bring problems, as Trump himself has acknowledged previously.

"When you start settling cases, you know what happens?" he said earlier this year. "Everybody sues you because you get known as a settler."

THE ASSOCIATED PRESS

ALZHEIMER'S

Eli Lilly's drug fails tests

An experimental treatment for Alzheimer's failed again in a widely anticipated study, disappointing many who had hoped drugmaker Eli Lilly had finally found a way to slow the progression of the mind-robbing disease.

The drug did not work better than a placebo treatment in a study of more than 2,100 people with mild Alzheimer's, the company announced Wednesday.

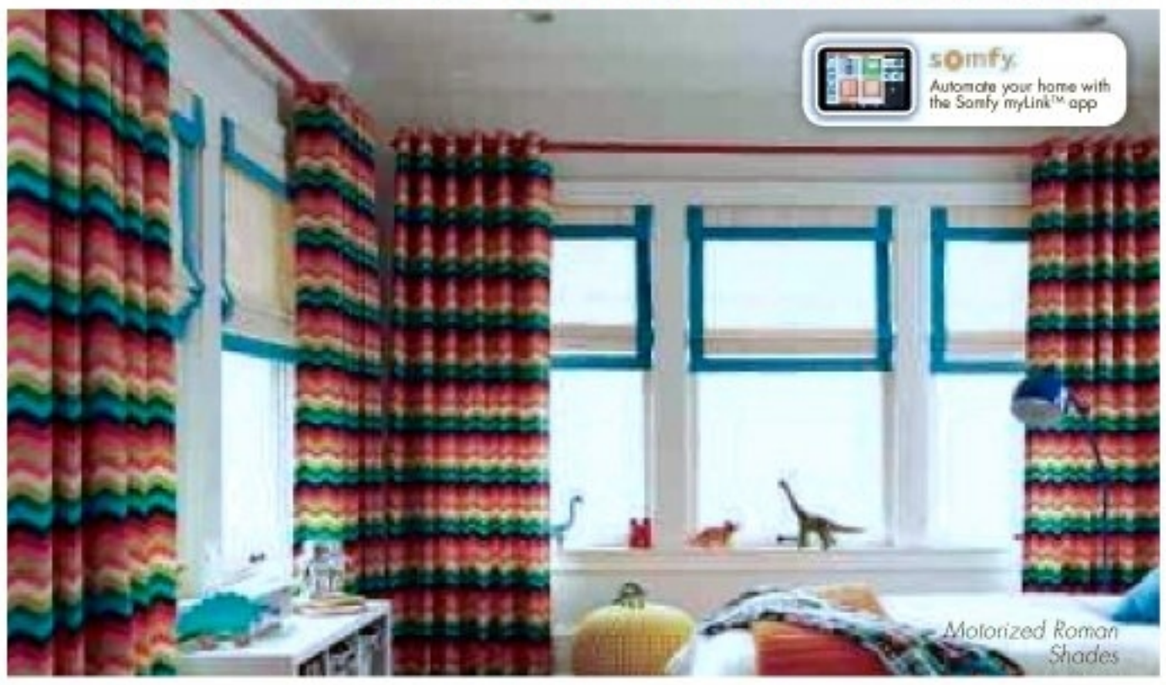
"We're incredibly saddened by the news," said Maria Carrillo, chief science officer of the Alzheimer's Association, who was not involved in Lilly's research. "There was a lot of hope for this avenue, this approach."

Alzheimer's experts had modest expectations for the drug, called solanezumab.

It had already failed in two large studies in people with mild-to-moderate forms of the disease. Combined results, however, suggested that the drug might work for those with the mildest symptoms.

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metro VIEWS
Your essential daily news
Thursday, November 24, 2016

VICKY MOCHAMA
ON RACISM BY MANY OTHER NAMES

Some students at Queen's University thought it was a good idea to dress up as ethnicities for a party. It was not a good idea.



There was a brief moment where we could be proud that Halloween had passed without a major conflagration.

Blackface Christmas had passed and all through the land, not a column had to be written on it. Then, last Saturday.

Some students at Queen's University in Kingston, Ont. thought it was a good idea to dress up as ethnicities for a party.

It was not a good idea. Not just because costume parties are awful. Not only because most of those dressed up as Buddhist monks, Viet Cong guerrillas and Middle Eastern sheikhs were white. But also because other people's culture's are not costumes.

The photos from Saturday's Beerfest party are pretty jarring, but the most striking photo of the bunch is of three young black men in the middle of the event. It has since been removed from Facebook but in it, they're dressed in jeans, thin T-shirts and puffy jackets, which is one of five style options currently available to all young men. In the picture, they stand unsmilingly in a way that evokes Jim from The Office looking into the camera. Their stillness breaks the fourth wall as if to say, "Are you seeing this too?"

The cycle of outrage is familiar, but the lesson bears repeating. When it comes to white people making fun of the cultures of marginalized people, the joke is too soon.

At moments like this, considerable effort is put into explaining how a benign-seeming, unthinking act ("Let's go as Chinese food!) is, when done by a white person, a form of racism. (It's also a form of internalized racism when people of colour are complicit in it.) Individual acts of conscious or unconscious racism are still racism.

History shows that those who believe in justice for non-white people have been opposed at every turn by those who vehemently disagree.

More on that R-word later.

Considerable effort is also, and indeed as has been, put into explaining that actually this isn't real racism. That this is just "outrage" and "identity politics" and "political correctness." That this is precisely the sort of distraction from the "real issues" that led to Trump's rise.

The form of discourse referred to, often derisively, as political correctness, diversity or identity politics consists of much more than theoretical ideas and rhetorical posturing. It's about correcting a history that has been horrible to so many groups on the basis of their race, gender, sexuality, religion, ethnicity and class. It's about the push and pull between those who've been told the world is theirs and those who have to demand their right to be in it. It's about the safety of those men of colour who went to party with their friends only to find out their friends might be racists.

It's about justice and equality.

A line can be drawn from abolitionists to civil rights protesters to Black Lives Matter activists. The parallel line, however, is longer: from slave owners to the Ku Klux Klan to the alt-right movement.

History plainly shows that those who believe in justice for non-white people have been opposed at every turn by those who vehemently disagree. This disagreement, on the issue of basic entitlement to one's humanity, is rightly called racism.

For those of us who are the recipients of it, racism is simply the most apt and specific way to describe the events in our lives. But its directness scares people. Whiteness is so fragile that an accurate description is too much to bear.

So instead of calling a racist by name, we've developed language that distances individual people from racist acts. Police aren't "racists"; rather, they may occasionally "exercise" "bias." The neighbours aren't "racist"; rather, they're concerned about "school quality." Media isn't a tool of "white supremacy"; rather, it lacks "diversity."

This is how young privileged students at Queen's University come to believe that their party does no harm. It's how young privileged white men like Stephen Harper's son Ben (himself a Queen's student) believe they're equipped to define for others what racism really is. (As an aside, what is this real racism that only white men can see?) This event should put to rest the idea that racism is an effect of poor education or poverty.

The insidiousness of racism lies in the way it erases its tracks. Suddenly, things with racist overtones may have happened and yet no one is a racist.



CULTURE-AS-COSTUME Queen's University students dressed as Mexican luchador wrestlers pose for a photo at a party last Saturday. TWITTER

Under Trump, racism will have powerful ally



Linda McQuaig

I guess we should be glad that no member of the Trump family or transition team actually attended the white supremacist event in Washington last weekend where Trump's victory was celebrated with Nazi salutes.

For those looking for good news in the face of Donald Trump's presidential victory, these are the sort of slim pickings on offer.

And, sure, let's remain optimistic, but it's important we not lose our sense of horror and outrage, or allow our moral goalposts to be moved.

Nor should we get lulled into feeling grateful for any tidbit of normalcy from Trump. Just because he says he's rethought plans to bring back torture or to jail Hillary Clinton, he's still appointed as his top adviser Steve Bannon, overseer of the website Breitbart, which specializes in provocatively stirring up tensions, particularly racial ones. If Trump didn't want to stir up racial tensions, would he pick that guy?

I've always been amazed at the way Americans routinely describe their country as "the greatest democracy on earth," without considering how that characterization fits with its history of genocide against Native Americans and more than two centuries of slavery. The fact that slavery was central to the American experience is rarely acknowledged, with little attempt to make amends.

This has left a festering wound covered by a band-aid.

Not all Trump supporters want to restore the Confederacy. Many are economically suffering workers duped into believing Trump will help them, or high-income urbanites excited about promises of gigantic tax cuts for the rich. But the soft, itchy underbelly of American racism has been given a good scratching by Trump, who for years kept alive birther attempts to discredit the first black president.

Whatever damage Trump is likely to do around the globe, at home — under the guidance of master provocateur Bannon — he is almost certainly going to pick a fight with the Black Lives Matter crowd. And when he does, the man who will be there to ensure justice is done will be Trump's new attorney general, Jeff Sessions.

The Alabama senator's racial comments led to his rejection as a judge by the Republican-dominated U.S. Senate in 1986. Less well known is the insidious role Sessions played in preserving Alabama's long history of separate and unequal education. In the 1990s, 30 of the state's poorest — which is to say blackest — school districts and a disability rights group successfully challenged the system, with an Alabama judge ruling it unconstitutional. Sessions, then Alabama's attorney general, fought to ensure ongoing inequality, using his office to wage a fierce two-year battle to overturn the decision.

Given Sessions' history, it's not hard to imagine how, as the nation's attorney general, he'll clamp down on black street protesters, stripping away their civil liberties and emboldening police.

Sessions and Bannon will be fighting their old racial battles, only this time the president will have their back.

Linda McQuaig is a journalist and author.

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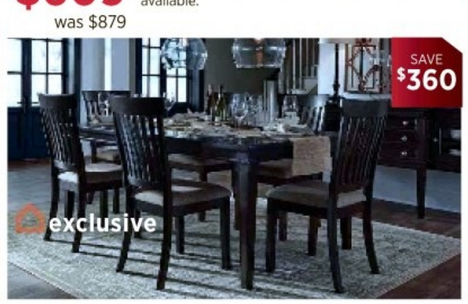
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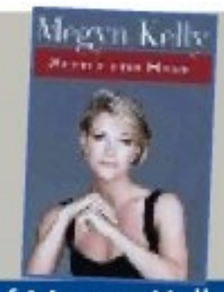
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Pro-Trump Reddit forum floods Amazon with negative reviews of Megyn Kelly's memoir

5 PALETTES FOR THIS HOLIDAY SEASON

Whether you are looking for a glamorous New Year's Eve look, something you can wear to the office Christmas party or a palette you can take on a cold-escaping vacation, these holiday sets will help you put together the perfect makeup looks for the season. SAMANTHA EMANN/METRO CANADA



1 Kat Von D Metal Matte

Different from the warm brown and berry shades of many of the other holiday offerings, this palette contains mostly cool-toned shadows. The shimmers and mattes are all smooth and highly pigmented. There are some bright, stand-out colours as well as more toned-down neutrals and pastels. Because of its bigger size, it is not the most travel friendly. Despite that the beautiful colours and package artwork make it my favourite of the bunch. AVAILABLE AT KATVONDBEAUTY.COM



2 Urban Decay Naked Ultimate Basics palette

This all-matte addition to the iconic Naked line puts a little colour into this neutral-toned series. With beautiful rose-gold packaging it departs from the others with its square shape and a mirror to match. The 12 shades are similar to the quality of the original, smaller Naked Basics palettes. If you are looking for a palette that is good for everyday, work-appropriate looks, this is it. Blend with care because these shades can get a little muddy. AVAILABLE AT SEPHORA OR URBANDECAY.CA



3 Grande Hotel Café palette collection

Have multiple makeup junkies on your gift list? This set, though at a higher price point, offers three mini eye shadow and blush combo palettes that would make cute gifts as a set or individually. They each contain a different colour scheme and even different holiday-themed scents like eggnog latte and peppermint mocha. The main packaging is cute but a little bulky. AVAILABLE AT SEPHORA OR TOOFACED.COM





4 Nyx Love Contours All and Wanderlust palettes

Looking for a holiday gift or look on a budget? The Love Contours All palette contains the brown and berry shades of the season, offers some face highlight and contour, and even brow shades to help complete your look. This palette is a great gift for someone who is looking to dip their toes into the makeup world. The travel-friendly Wanderlust palettes contain six shadows and a lip colour that complements those shades. Some of my favourites of the Wanderlust series for the season include Madrid, Copenhagen and Vancouver. AVAILABLE AT SHOPPERS DRUG MART

5 Tarte Pretty Paintbox Set

This holiday offering from Tarte is perfect to take on that winter vacation to somewhere warm and sunny. You will have almost everything you need from blush, highlight, contour and bronzer to a full-size eyeliner and mini mascara and lip paint. All of this is contained in the same cute zip-up box the size of a book and also manages to include a small mirror. The amount and shade range of eye shadows just adds to the appeal. AVAILABLE AT SEPHORA





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‘We cannot rely on social media as our only action’

INTERVIEW

Erin Wunker explains why the world needs feminist killjoys



Erin Wunker says speaking out and speaking up is more important now than ever. SUPPLIED

Erin Wunker is a feminist killjoy. She didn't invent the phrase but she wrote the book on it — literally. Notes from a Feminist Killjoy: Essays on Everyday Life was released this month by BookThug, a Toronto indie publisher.

A feminist killjoy, according to Wunker, is a paradoxical figure "who takes pleasure in the work of interrupting the patriarchal norms that pass as joys." Feminist killjoys are critical of happiness derived from oppression — an off-colour joke, an old boys' club, outdated expectations of how women should look or act, many of the comments about women, Muslims, black people, Hispanics, disabled people and other groups made by a certain president-elect.

"She will not tolerate casual instances of racism or classism. She won't keep quiet to maintain a smooth dinner conversation," writes Wunker, who credits U.K. feminist scholar Sara Ahmed with first using the term.

Torstar News Service spoke with Wunker, a literature professor at Acadia University, from Nova Scotia, where she lives.

What does a feminist killjoy do?

A feminist killjoy calls out and refuses to be complacent with the so-called joys of patriarchal culture. It can come in the form of an uncomfortable holiday dinner conversation where you have to say, "Well, actually, family member, you just made a racist statement." It can also come in the form of speaking out among your friends or public places or the media.

What are some of those joys that might be problematic?

Just thinking about the U.S. election, as a white woman voter, voting for a racist white man is in some way an act of enabling white supremacy. The fact that white women overwhelmingly voted for Trump instead of a woman is a clear indication of the ways in which we learn patriarchy and misogyny. We get born into and learn those systems. We look for somebody with the most power and if it's a woman, you say, "That can't be right." And you look elsewhere.

You argue in the book that patriarchal culture is so pervasive as to be invisible. But do you think the presidential campaign made some of that more visible?

Yes, absolutely. There are moments in time — and the U.S. election is one of them, where we get a clear snapshot of the depths of racism and misogyny. But I've spoken to friends in both Canada and the U.S. and my friends of colour are not as shocked at the results of the election as my white, liberal friends are. I'm white and we don't live the same kind of everyday oppression that people of colour do.

Do you think this attitude will come to Canada? Do you think it's already here?

I think it is here. We've seen reports of Jewish students on Canadian university campuses waking up the morning after the election with swastikas on their doors. A public declaration of the sort we just saw in the U.S. is a licence for people who are feeling threatened by genuine multicultural collaboration and interracial allyship. People ... are turning to hate as a way of channelling their fear and trying to find some power.

There definitely seems to be a solidarity movement, at least online. Can you find anything to be optimistic about in that?

I do think social media can be an effective tool for organizing. I'm thinking about not only the recent election but about, during the Ghomeshi trial proceedings, the #BeenRapedNeverReported hashtag. People found solace in one another there. Idle No More used social media brilliantly and continues to. But what the indigenous leaders and activists do so brilliantly with this movement is to not only rely on social media.

TORSTAR NEWS SERVICE

AUTHOR

Galloway apologizes in public statement

Author Steven Galloway has issued his first statement since he was suspended a year ago by the University of British Columbia over what it has only described as "serious allegations."

He was fired as creative writing chairman in June under a veil of secrecy. He said in the statement issued Wednesday by his lawyers that the "harm flowing from UBC's conduct" has reached such a level that he asked his counsel to provide clarity.

Galloway confirms that he was accused of sexual assault but says the only complaint substantiated by a former judge's investigation was that he had an affair with a student.

"Mr. Galloway profoundly regrets his conduct and wishes to apologize for the harm that it has caused. He does not seek to minimize it or to hide from it," the statement says.

"He seeks fair treatment for all involved, and an end to the scurrilous assertions and accusations that have proliferated in the vacuum of information."

The university tasked Mary Ellen Boyd, a former B.C. Supreme Court judge, with investigating complaints against Galloway in December. Her report, submitted in April, has never been made public.

Galloway's statement says after an exhaustive review of all evidence, Boyd found on the balance of probabilities that Galloway had not committed sexual assault.

Of the other allegations made against him, the statement says Boyd found that one constituted a violation of university policy. She found he engaged in "inappropriate behaviour" with a student while both were married, and that the affair lasted two years, it says.

The statement says Galloway has grave concerns with the investigative process followed by the university, including but not limited to the way it chose to communicate with the public.

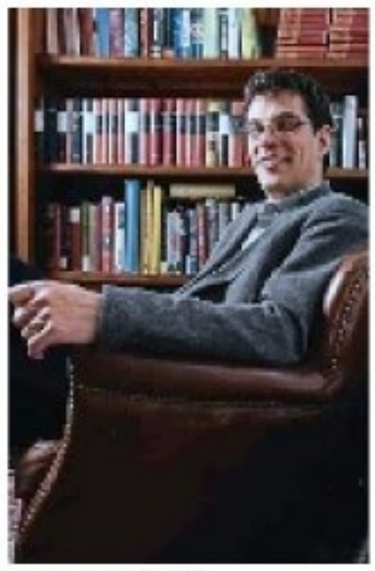
Last week, 88 prominent authors, including Margaret Atwood and Joseph Boyden, signed an open letter calling for an inquiry into the school's handling of the case. After being accused of silencing women who might come forward in the future, Atwood issued a brief apology Wednesday.

The Canadian Press has spoken with five people who filed complaints based on behaviour they say they witnessed or experienced. They said the complaints included sexual harassment, bullying, threats and an incident in which Galloway is accused of slapping a student.

Chelsea Rooney, who filed a complaint alleging sexual harassment, said complainants had concerns about the process too. She said they were pressured not to talk to one another and incidents they told Boyd about didn't end up in her report.

"Steven Galloway has chosen an interesting moment to go public, now that Canada knows he has these 88 powerful authors on his side," Rooney said. "My question is, 'Who is he apologizing to, and what is he apologizing for?'"

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Steven Galloway
TORSTAR NEWS SERVICE

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Darlings of the burgeoning poetry scene

SPOKEN WORD

Performances become a viral sensation for 25-year-old

Genna Buck
Metro Canada



When Sabrina Benaim was going through surgery for a thyroid tumour at the age of just 25, her best friend noticed that the very real lump in her throat was causing her to "swallow her words," both literally and figuratively.

She signed Benaim up for a spoken-word poetry class at OCAD University.

That was back in 2013.

Now Benaim is a darling of the Canadian spoken-word poetry scene and at the forefront of a huge shift in the way young people are interacting with verse.

That initial class led to public readings, then the underground tournament at the Canadian Festival of Spoken Word in Winnipeg, and a stint on Toronto's competitive slam poetry team. Her first book is coming out soon. With lines like, "When I say hello, I mean thank you. When I say thank you, I mean I adore you and when I say I adore you, I mean I will check your horoscope," Benaim's performances have become viral sensations.

Her work speaks to a generation of young people whose first encounter with poetry is less likely to be in a classroom than on social media.

Button Poetry, a multiplatform publisher with 600,000 YouTube subscribers, gave Benaim her big break two years ago: Her poem Explaining my Depression to my Mother has four million views. Some performances on the channel have upwards of 10 million.

"In my experience, with my poem exploding, 90 per cent of the messages I received — and I receive a good amount of messages, still — are 'Thank you for putting into words what I couldn't put into words,'" Benaim said.

"I think the resurgence of spoken word, honestly, is that we're feeling very disconnected with the world we're living in, with social media being kind of a barrier. It opens us up to everybody but it also closes us off in a lot of ways."

The corporate world is taking notice of the trend. Verses from Somali-British poet Warsan Shire appear on Beyonce's visual album Lemonade. Spoken-word artists performing their own work provided the soundtrack to Sport Chek's "What It Takes" series of Olympic ads this past summer (Benaim narrates the third TV spot in the series).

It doesn't get more mainstream than that.

One of Benaim's early influences was the spoken-word poet Sarah Kay, who is best known for her viral 2011 TED talk If I Should Have a Daughter.

FIVE YOUNG POETS TO WATCH OUT FOR

Daniel Tysdale

This Saskatchewan-born poet, who now teaches at the University of Toronto is known for his Everything You Need to Write a Poem TEDx talk and his Fauxccasional series of poems on YouTube, which explore alternate histories.



PHOTO BY ANDREA CHARISE

Chimwemwe Undi

Undi's performances meld playfulness and humour with storytelling about religion and the immigrant experience. She's a veteran of the Winnipeg youth poetry slam.





PHOTO BY KP KAUR

Rupi Kaur

Born in India but raised in Brampton, Ont., 24-year-old Rupi Kaur is known as "the insta-poet" because she gained fame for her short poems and whimsical line drawings on Instagram.



Sachiko Murakami

A widely published poet who hails from the west coast, Marikami mines Facebook for poetry prompts. One result was a series of poems about people's airport stories.



Andre Prefontaine

This prairie native is a regular in the Toronto spoken-word scene and international competitions alike with pithy, occasionally X-rated haikus.



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Tips from those on the inside

GET THE BEST DEALS

Take notes before hitting shops online or in-store

Camilla Cornell

Savvy shoppers know you can score some great deals on the day after American Thanksgiving in Canada, as well as the U.S. Read on for tips from a fashionista, a deals aficionado and a money expert to ensure you get the most bang from your buck.

Plus-size blogger Jessica Biffi (justbiffi.com) has been making waves in the fashion industry since ending Project Runway Canada, as the season 2 runner up. She has since launched her own clothing and accessory lines, and capsule collections for Addition-Elle and Pennington.

The self-described "Toronto girl with a serious fashion addiction" says most retailers let you know about sales in advance. So if there's a store or chain you frequent, sign up for their email sales alerts.

"Then you can gauge whether or not you want to deal with the situation in person or on line," said Biffi. Her own preference is almost always to shop online during Black Friday. "It's just overwhelming otherwise," she said.

When buying clothing online, Biffi suggests, it pays to do a bit of research up-front before you let your fingers do the walking. "Sizes have the same range at most stores, but the fit can be very different," she said.



Plus-size blogger Jessica Biffi suggests signing up for email sales alerts from your favourite retailers. ELLIOT PARROTT PHOTOGRAPHY

At the very least, measure yourself and look over the online size chart. Or do some pre-shopping. "If you know you really like something, get to the store a few days in advance and try stuff on," Biffi suggested. "Then you will be on a mission to grab your things the day of, and you won't have as much stress to deal with."

Raymond Lau, of Canada Deals Blog, has been a deals shopper for as long as he can remember, but since 2010, the Calgarian has been blogging full time about the specials he finds to his 50,000 subscribers across the country. Lau updates his site daily with local shopping deals in major Canadian cities.

"Black Friday, Cyber Monday and Boxing Day are the three biggest days of the year for me," he said. "My traffic spikes like crazy." The problem: since he's aware of the deals on offer, Lau can't resist doing some shopping himself. "I probably spend more than I should," he admits.

Lau finds the best Black Friday deals on consumer electronics such as televisions and gaming consoles. But, he warns, some electronics retailers charge as much as a 50 per cent restocking fee once you open the box, "so only open it if you plan on keeping it."

Door-crasher specials can offer particularly great value, he adds, but they are frequently reserved for the first few people in the store, so get there early. "I never wait in line," Lau said. "I don't believe in it. But a few years ago, I actually camped out with my wife and we were lucky enough to be the tenth in line to get a $3,000 TV for $900." He confesses he would have been pretty upset if he'd been 11th and missed the deal.

To avoid size snafus when buying online, Lau usually purchases two sizes (medium and large) and tries them on when they get to the house. "I just keep the one that fits and return the one that doesn't," he said.

When you do shop in store, he advises, make sure you have a game plan. Check the flyers and Lau's website (CanadaDealsBlog.com) in the week leading up to Black Friday and try to cherry-pick the deals, concentrating on stores that rarely have sales, such as Lululemon and the Apple Store.

Finally, to beat the rush, you might want to shop early. "A lot of retailers kick off deals on Thursday at midnight," Lau pointed out. "That's when you'll find the best inventory and selection." On the other hand, many sales extend throughout the week, and you may find the crowds thinner if you hold off.

Limor Markman of Limor Money strives to empower young women to take strides toward controlling their financial destiny through her website (limor.money) and her online videos. And she practices what she preaches.

"I only buy things on Black Friday that I was planning to buy anyway," she said. "A couple of weeks ago, my luggage jammed open on a trip, so I am totally waiting for Black Friday to buy luggage this year."

Markman warns against simply showing up at the mall to see what you can find. Instead, shop with a list of things you need and holiday gifts (in which case, you should make sure you can refund or exchange into January).

Do your homework by scanning flyers and online sites in advance to find out who has the best discounts, Markman advises. "And make sure you're well-versed in the prices of the things you want to buy," she added. "Otherwise you may think you're getting a great deal and it may actually not be." A sign that screams '40 per cent off suggested list price!' doesn't mean much if the list price is inflated.

Another cautionary note: if you're buying online from a U.S. retailer, don't forget that "the price isn't actually the price," points out Markman. You have to do the currency conversion to Canadian dollars. In addition, you'll be charged an exchange fee on your credit card and you may have to pay duty and shipping fees (because often shipping is only free south of the border).

"That price may look amazing," said Markman. "But by the time you pay all those extras, you may actually be paying more than in Canada."

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Unusual finds for curious shoppers

POPULAR CATEGORIES

Consider toys, small appliances and electronics

Vawn Himmelsbach



Keurig coffee brewing system. CONTRIBUTED

Sure, Black Friday is a good time to pick up those wireless speakers or upgrade your smartphone, but it's also a good time to find deals on items you might not have considered shopping for. Like vacuum cleaners, gas fireplaces and Lego.

While electronics remains one of the most popular items, along with clothing and accessories, Black Friday is an ideal time to buy kitchen appliances, according to Monika Hajzokova, sales director with Shopbot, which has an inventory of six million items from more than 400 retailers and brands.

"Kitchen appliances is one of our biggest categories," she said. "The top searched item is the KitchenAid mixer, especially in the red colour." That's expected to be a popular item again this year; other kitchen appliances up for grabs at deep discounts are waffle makers and ice cream makers.

"Keurig [coffee] brewing systems always have good deals on Black Friday," said Sari Friedman, marketing director and resident shopping expert with ebates. "It's a great time to stock up on coffee, such as Keurig and espresso pods. The Bay always has great deals on espresso pods."

And it's not just appliances for the kitchen: most major big-box retailers are offering discounts on small appliances such as vacuum cleaners and robotic vacuums. For those wanting to invest in a heavy-duty vacuum, like a Dyson, Black Friday is the time to do it.

Shopbot has also historically seen a spike in sales of fireplaces (gas or ethanol-powered) over Black Friday. And, bizarre as it sounds, it has also seen a spike in plumbing supplies during this time period (perhaps, like fireplaces, it's a signal that shoppers are prepping for winter).

As the temperatures plummet, shoppers aren't just thinking about fireplaces and freezing pipes. They're thinking about how they can escape winter, and travel is another category where they can find Black Friday deals. Several online travel consolidators and travel agencies are offering discounts on vacation packages, as well as rebates or gift cards with their purchase (to be used for future travel, though there's typically an expiry date).

Friedman says electronics is still the most popular category for shoppers on Black Friday and Cyber Monday. But she recommends thinking beyond TVs and computers, and considering options such as smart home hubs and smart thermostats.



Lego. CONTRIBUTED

Big-box retailers are offering discounts on Nest smart-home products over Black Friday, she said, and Enbridge customers can then receive a $100 bill credit for their purchase — a double win for shoppers.

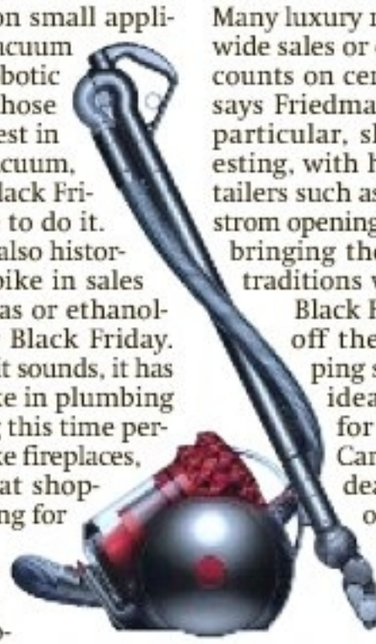
While clothing and accessories remain popular, Black Friday is a good time to look for deals on designer items. Many luxury retailers run site-wide sales or offer deeper discounts on certain categories, says Friedman. This year, in particular, should be interesting, with high-end U.S. retailers such as Saks and Nordstrom opening shop in Canada, bringing their Black Friday traditions with them.

Black Friday also kicks off the holiday shopping season, so it's an ideal time to shop for others. Half of Canadians feel the deals that retailers offer specifically for Black Friday and Boxing Day are better than those offered in general during the holidays, according to new poll data from ebates, which surveyed 1,000 Canadians during October.

"Canadians are planning to spend $200 more on their holiday shopping this year than last year," said Friedman. "It's a good time to not just think about yourself but crossing off things on your list: toys, books, beauty."

When it comes to gift-giving, there are plenty of deals to be had on women's perfume, according to Shopbot. It's also a good time to pick up toys, such as Lego, or soon-to-be discontinued toy lines. Red Flag Deals predicts that toys from Star Wars: The Force Awakens may be discounted this year, to make room for the hype train of Rogue One: A Star Wars Story.

Shopbot has found that Quebec has different shopping behaviours on Black Friday than the rest of Canada.



Dyson vacuum cleaner. CONTRIBUTED

While electronics and clothing are still popular items, the top-searched items fall under the home decor category — in particular, blankets, quilts and duvets.

While the rest of the country may want to consider checking out the deals to be had on home decor, some shoppers are considering much larger appliances — such as mattresses, dishwashers and couches — that they'd traditionally buy during Boxing Week.

"Furniture stores tend to offer some good discounts, but not as much as much as fashion and appliances," said Hajzokova. "They won't be top categories."

Shoppers should limit themselves to clothing and electronics; consider holidays gifts as well as household or winter necessities. An added bonus of thinking outside the Black Friday box: You probably won't have to wrestle a mob of shoppers to get that ethanol-fuelled fireplace.

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RED BOW OFFERS (20% OFF)

Boathouse, Carlton Cards, Dynamite, Eclipse, Envy, Metalsmiths Sterling, Newfoundland Chocolate Company, Michael Hill, Northern Reflections, Pseudio, Saje Natural Wellness (Friday Only), Samuel & Co., Think Kitchen, Victoria's Secret

BLACK BOW OFFERS (25% OFF OR MORE)

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HALIFAX SHOPPING CENTRE

SHOPPING IS OUR MIDDLE NAME

Big deals on big appliances

SHOPPING

With Black Friday deals, now is the time to do that reno

Vicky Sanderson

The mother of all sales is upon us — music to the ears and good news for the budget of those longing to replace a noisy fridge, tired stove or wonky washing machine.

While Francine Sternhall, director of Aeroplan's eStore, says, "electronics tend to be the most popular (Black Friday) category," Home Depot Canada appliance merchant Cameron Skilling suggests that major appliances have become "a leading edge."



Samsung Family Hub CONTRIBUTED

Shopping for large appliances during Black Friday, he adds, can have the advantage of being planned, unlike typical purchases, which frequently come after a break-down when decisions are made in a hurry.

Planned purchasing means the buyer has more time to gather information that will be useful when scoping out the best Black Friday deals.

Waylon Chow, sales associate at Best Buy Canada, thinks that may be why so many people are interested in buying a full kitchen suite at this time of year.

"People who are renovating and plan to buy everything at once during this time can save a lot," he said.

Experts suggest that shoppers spend as much time as possible identifying exactly what they want, visiting bricks and mortar stores and showrooms to look at product, and taking advantage of online videos, reviews and spec sheets.

It's sometimes important to move quickly to snag a deal,



LG Oven CONTRIBUTED

so Camille Kowalewski, head of communications for eBay Canada, advises shoppers follow favourite retailers and online marketplaces on social media. Your phone, she adds, could be a secret weapon for alerting to you to time-sensitive offers.

Once you know what you want, make a note of all relevant information, most especially the model number. Then double check it, says Skilling.

"They're like Latin, so be very cautious of those numbers and letters — a change in even a single digit can make it a different colour, size, and have different features."

Don't forget to measure: you don't want to be one of those sad consumers who buys appliances without measuring their placement, or the doors they are expected to pass through. If you're not sure how to do the math, ask for help from an associate, whether you're online or in-store.

Tell the retailer, too, if there's an appliance that needs to be removed.

Many include free disposal with a delivery, but need to know ahead of time for scheduling.

Bone up on the current, non-sale prices of items you want. Be ready to calculate how exchange, shipping, and return policies affect the sale prices. Always ask about matching programs; at Home Depot, for example, if you find a better price at a competitor, they'll beat it by 10 per cent.



LG's ProBake Oven CONTRIBUTED

Chow says shoppers should also look at loyalty points or financing options, and be aware of special shopping features; in Best Buy's case, that it will reserve any item to pick up in store at the sale price. It's also important to ask about warranties, and what it costs to extend them.

What's hot during Black Friday/Cyber Monday 2016 will be the same items that have been hot all year, says Skilling, who's noting upticks in large capacity laundry sets, and black stainless steel finishes.



KitchenAid's black stainless steel 25.8 cu. ft. fridge CONTRIBUTED

Many consumers covet feature-rich, connected appliances, such as Samsung's Family Hub, a refrigerator with a front panel interface that, among other things, takes images of the inside of a fridge, which the user can access over a smartphone — say, at the supermarket.

LED lighting is another popular feature in fridges, and one that's increasingly accessible.

"It used to only be found in a $4,000 fridge. Now it's available in just about anything," said Skilling. He adds that manufacturers trying to woo shoppers to buy the relatively new induction technology may have interesting price points this year, and he expects large capacity laundry suites will be in demand.

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Buy for sweet dreams

If you're looking for a mattress this fall, Black Friday may be one of the cheapest days of the year to buy one. "Black Friday has become a huge retail event in Canada and every retailer is now competing directly for the shopping community," said Jory Solomon, a "sleep expert" with Sleep Country Canada.

Solomon's region comprises 12 Sleep Country stores in Ontario and on an average weekday they sell $40,000 to $60,000 worth of mattresses. "Last Black Friday, we did more than triple that," he said.

Here are his tips for getting a mattress you're going to be happy with for the long haul.

Shopping for a mattress is a team sport

If you're part of a couple, shop with your partner. "You both have your own unique comfort level," said Solomon. "And you're both going to be sleeping on it, so you're better to pick it out together."

Beware the door-crasher special

"You will see these screaming deals on Boxing Day at prices that seem extremely low," he said. "But before you get too excited about putting that mattress in your master bedroom, understand that is probably the most basic-level bed in the store." If, on the other hand, you're planning to put that bed in your guest room, by all means go cheap.

A firmer mattress doesn't necessarily provide better support

"We still deal with that misconception every day," said Solomon. Thirty years ago there was truth to the idea that a firm bed provides greater support. "They used to take springs out of the firmest mattresses to soften them and they'd call it medium. Then they'd take more springs out and call it soft," he explained.

No more. The invention of the pillow top or Euro top mattress changed all that. "Now they don't take away support, they just add some cushioning on top to make the bed softer," said Solomon.

You're not just buying a mattress — you're buying a 'sleep system'

While your mattress can account for about 80 per cent of your comfort, there are actually three parts to the sleep system: the mattress, the pillow and whatever the mattress sits on, says Solomon. Note that the minute you put your new mattress on an old box spring, it negates the warranty. CAMILLA CORNELL

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The hottest deals on cool tech

GADGETS GALORE

We've got the skinny on the biggest bargains

Marc Saltzman

What's the only thing better than getting hot deals over the holidays? When you can get all your shopping done before December even rolls around.

Between Black Friday, Nov. 25, when retailers slash prices, and Cyber Monday, Nov. 28, where you're encouraged to shop online, you can score great deals on hot products.

And if it's tech you want, you've come to the right place.

From televisions, tablets and laptops to gaming consoles, headphones and smart-home appliances, expect to get a lot of bang for your buck by shopping over the weekend.

The following are a few of our faves, and where to find the deal.

Samsung 55-inch 4K HDR Smart LED TV (KU6270)
Black Friday price: $899.99
Regular price: $1,299.99
Where to buy: Best Buy



Samsung TV

As you likely know, 4KTVs deliver four times the resolution of 1080p HD, while HDR ("High Dynamic Range"), reproduces a wider range of brightness levels, richer colours, and higher contrast levels (resulting in whiter whites and darker blacks). At $400 off, Samsung's KU6270 TV is even more tempting. This 55-inch 4K HDR TV looks stunning, and includes a Smart TV platform powered by Tizen, to give you fast and intuitive access to your favourite on-demand video apps like Netflix and YouTube, interactive games, music streaming services, social media, and more.

ASUS X-Series 15.6" Laptop
Black Friday price: $297
Regular price: $399.99
Where to buy: The Source



ASUS laptop

You don't need a $1,500+ laptop to turn heads. With its premium finish, the chocolate black ASUS X540 laptop is slender, lightweight, and durable, with decent performance to handle tasks like web browsing, online shopping, social networking, and word processing. Powered by an Intel Celeron N3050 dual-core processor and 4 gigabytes of RAM (system memory), this 15.6-inch laptop features an HD display (1366 x 768 resolution), 500 gigabytes of storage, and a 64-bit Windows 10 operating system. Along with Wi-Fi and Bluetooth, this laptop has multiple connectivity ports.

HTC One M9
Black Friday price: $400
Regular price: $849
Where to buy: htc.com

A huge discount on a premium phone, HTC One M9 is a 5-inch device with several bells and whistles. This includes a comfortable and durable metal unibody design, a 20-megapixel camera with sapphire camera cover lens (and impressive front-facing camera, too), and for entertainment buffs, front-facing stereo speakers with a built-in amplifier, HTC BoomSound, and Dolby Audio surround. On top of the Android operating system, HTC Sense software lets you truly customize the look and feel of the phone. 32 gigabytes of storage is included, but a microSD slot lets you add up to 2 terabytes (roughly 2,000 gigabytes).



HTC phone

iRobot Roomba 870
Black Friday price: $549.99
Regular price: $699.99
Where to buy: Amazon.ca app



iRobot Roomba

Why clean your home when you can have a robot do the dirty work for you? That's the idea behind the iRobot Roomba 870 Vacuum Cleaning Robot, which is also ideal for those who have pets and allergies. Its AeroForce 3-Stage cleaning system delivers up to 50 per cent more cleaning performance than previous models, says the company, along with tangle-free extractors to help prevent hair and debris clogs and a high-efficiency filter to trap fine dirt and dust. The disc-shaped vacuum cleaner's iAdapt Navigation technology uses a suite of sensors to navigate and adapt to your changing room environment, including an optional scheduling feature if you want to do its thing without you there.

Canon T6i
Black Friday price: $879.99
(Until Nov. 24)
Regular price: $949.99
Where to buy: Best Buy



Canon camera

Through the looking glass. You don't get a second chance to capture that special moment. Rather than reach for your smartphone, immortalize life's precious memories with the Canon T6i, a compact digital Single Lens Reflex (dSLR) camera and 18-55mm IS STM Lens Kit. Take professional-looking photos — quickly and easily — so you won't miss that winning goal, a candid smile or setting sun on the horizon.

Along with its 24.2-megapixel CMOS (APS-C) sensor, ultra-low light sensitivity (extended ISO up to 25,600) and fast DIGIC 6 image processor, this camera shoots Full HD videos, and has built-in Wi-Fi to instantly share your handiwork and NFC for tap-to-pair functionality with a compatible smartphone. When time and budget permits, build up your lens collection with a huge assortment of telephoto, wide-angle, and macro options.

Klipsch R6 Headphones
Black Friday price: $95.99
Regular price: $119
Where to buy: Klipsch.ca and all other Klipsch-carrying retailers



Klipsch headphones

You're not still using those white earbuds that shipped with your phone, are you? Treat your ears to something much better — and on sale for Black Friday and Cyber Monday. At 20 per cent off the regular price, the noise-isolating Klipsch R6 in-ear headphones with control cable feature patented, contoured ear tips for a more comfortable wear over long periods of time (and multiple tip sizes are included in the box). Most importantly, the same advanced acoustic engineering from Klipsch's legendary Reference home theatre speakers provide the performance in these R6 earbuds. The 3-button inline remote can be used for full music and voice control on most smartphones, plus the microphone lets you take calls, as well.

Nikon D5300 SLR with dual lens kit
Black Friday price: $799.99
Regular price: $1,294.99
Where to buy: Best Buy



Nikon camera

If 2017 is the year you want to start taking breathtaking photos, Best Buy has an aggressive sale on the Nikon D5300 single lens reflex (SLR) and some accessories to get you going. Along with this the exceptional 24.2-megapixel SLR (with DX-format CMOS sensor), there's both an 18-55mm lens for everyday photos and HD videos (with built-in stereo microphone), as well as a 70-300mm telephoto lens, and a camera bag to store all your gear. Other features of the camera include a fast EXPEED 4 processor, 39-point autofocus, high ISO sensitivity, 3.2-inch vari-angle LCD screen, built-in editing tools, and integrated Wi-Fi to share your memories on the spot.



ACER tablet

Acer Iconia B1
Black Friday price: $77
Regular price: $109.99
Where to buy: The Source

Want a tablet but can't afford an iPad? You'd be surprised how good an inexpensive tablet can be, like the Android-powered Acer Iconia B1, on sale for just $77. Fast and light, and with a high-resolution 7-inch screen, this touchscreen tablet is ideal for playing games, viewing videos, reading ebooks, browsing websites, and more. Along with support for Google Play's 1.5 million downloadable apps, this tablet includes Bluetooth connectivity for optional wireless keyboards, speakers, headphones and other accessories. This quad-core tablet ships with 16GB of storage, it can be expanded even further via its existing microSD slot (up to 32GB), and packs two cameras.

DJI Phantom 3 Advanced Quadcopter Drone with Camera
Black Friday price: $799.99
Regular price: $1,079.99
Where to buy: Bestbuy.ca (online only)



DJI drone with camera

Are your kids droning on and on about wanting a quadcopter? OK, bad pun, there. But whether it's for kids or kids at heart, save $280 off the white Phantom 3 Advanced Drone with this online-only Best Buy deal. Take to the friendly skies with smooth and intuitive controls and as it's soaring around, shoot smooth 1080p HD video (or 12-megapixel still photos) and even watch the footage on your smartphone or tablet while you're flying. Fly at a top speed of nearly 58 km/hour, and enjoy a line-of-sight range of up to 2,000 metres. As a safety measure, if the connection between the controller and drone is broken, the autopilot takes over and brings your drone back to you. Fly for up to 23 minutes between charges.

BLACK FRIDAY WEEKEND

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How to get rid of your old tech

NOT GARBAGE

If you can't reuse, recycle — here's how to properly do it

Marc Saltzman

If it's true roughly 40 per cent of all consumer electronics are purchased in November and December — largely due to the holiday shopping season — then you're likely buying new tech toys for yourself, too.

After all, prices are much lower around this time, so why not buy yourself a present — even if you were more naughty than nice this year.

But before you make a new home for a smartphone, television, sound bar, tablet or laptop, you'll first want to get rid of your old stuff.

"Obsolete or broken tech isn't garbage — it's a valuable resource waiting to be turned into something new," said Alan Nursall, Daily Planet contributor on Discovery Canada, and CEO of the Telus World of Science, in Edmonton.

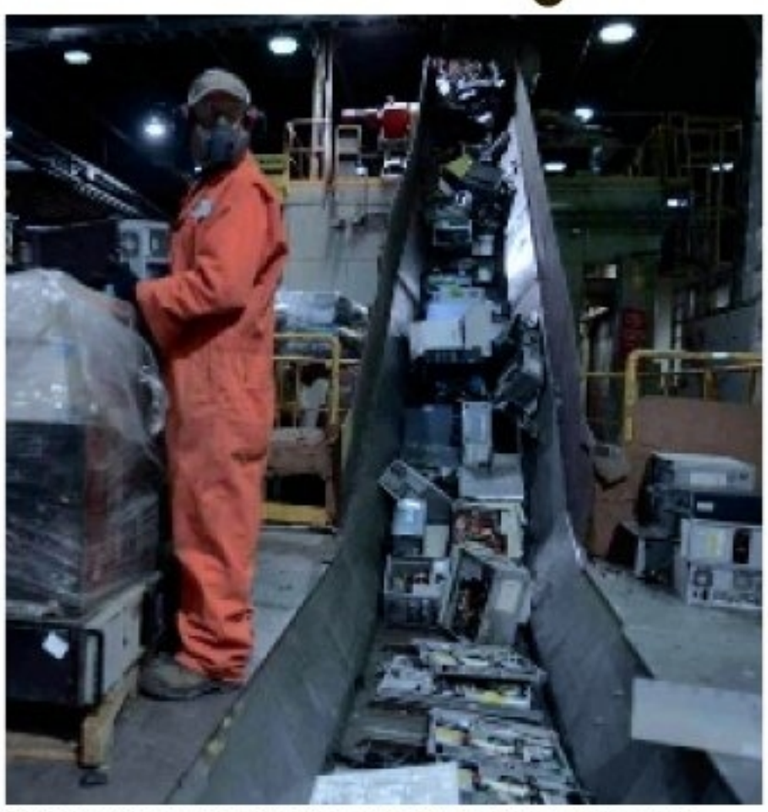
"These devices are full of tiny bits of valuable materials, and if you consider there are millions of these tech products out there you have a lot of gold, copper and other precious metals, glass, and plastics…that can be put back into new products."

Nursall, who is also a scientist, says our devices also contain hazardous materials, such as mercury and lead, that should be kept out of landfills.

How to recycle

If you can't hand-me-down your old tech to relatives or friends, or donate it to a community centre, school, or religious institution, the best way to properly recycle your tech is to go to recyclemyelectronics.ca, click "Find a Drop-off Location," select your province, and then type in your postal code or address.

Run by the Electronic Products Recycling Association (EPRA), a national industry-led organization, the website will then list several approved drop-off locations near you. In many cases, these are electronics stores you may be visiting to buy new items anyway.



Go to recyclemyelectronics.ca to find a drop-off location, where your old gadgets will find their way to a recycling centre shown here. CONTRIBUTED

Once collected, your old gadgets are dismantled at recycling centres that adhere to rigorous environmental and worker health and safety standards.

More than 15.5 million devices have been diverted from landfills each year through EPRA's regulated e-recycling programs.

So, can your efforts really make a difference? Experts estimate that recycling 1 million cellphones can recover 24 kilograms (kg) of gold, 250 kg of silver, 9 kg of palladium, and more than 9,000 kg of copper. The recovered materials are then put back into the manufacturing supply chain and used to make new products.

Not only does properly recycling your tech mean we don't need to extract as many of these materials from the ground, but it also helps reduce our environmental footprint because recovering materials from existing tech uses up considerably less energy that extracting fresh materials.

What can be recycled

Most consumer electronics products could be dropped off at these authorized collection depots.

A long list of the kinds of items you can bring: televisions and monitors; laptops, desktops, and tablets; cell phones, smartphones, and landline phones; printers, scanners, and fax machines; computer accessories, such as mice, keyboards, and webcams; home entertainment components, such as a VCR, DVD player, Blu-ray player, audio-video receiver, cable and satellite boxes, remotes and speakers; tape decks, turntables and headphones; vehicle systems, including in-dash CD or cassette players, equalizers, and GPS systems; and other miscellaneous household items, such as counter-top microwave ovens, clock radios, and baby monitors.

Does it cost anything?

There is no charge for dropping off items at an EPRA-approved collection site or event – because you already paid for the service when you first bought the product. This is that small "environmental handling fee" ("EHF") place on top of new electronics, which covers the cost of refurbishing or recycling them.

To ensure your private info doesn't fall into the wrong hands, before you get rid of a gadget — like a smartphone, tablet, laptop, or desktop — make certain you properly "shred" the personal data on your drives. Some suggest to safely destroy the drive, even with a hammer so your information doesn't fall into the wrong hands.

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Line the tree with top toys of the season

PLAYFUL THINGS

From babes to teens, these prezzies are sure to please

Tanya Enberg

From bud- ding builders and aspiring artists to Star Wars enthusiasts and tech lovers, here's a round up of some of the season's hottest toys guaranteed to please all of the kids on your holiday list.



Babies

Babies will giggle and jiggle with the **Dance and Move BeatBowWow** from Fisher-Price. Push the buttons on the paws and he will play songs, light up and bust out dance moves, with head bobbing, ears wiggling and tail wagging. *$29.94 at Walmart.ca.*

3 + years

Award-winning **Valtech Magna-Tiles** is a must-have kit for builders of any age. The colourful translucent 3-D magnetic tiles connect easily so kids can create whatever the imagination stirs up, while developing math, science and fine motor skills at the same time. *100-piece set, $124.99 at Amazon.ca.*



All things Paw Patrol remain hot this year and the new **Zoomer Marshall** from Spin Master is eager to get the adventure rolling. Marshall walks, talks, spins and comes with rescue missions and pretend water cannons that launch. *$89.99 at Toysrus.ca.*



The Hexbug AquaBot Wahoo is a zippy robotic fish that spins, dives and loops around when submerged in water. The small creature comes with a bowl, but is super entertaining to set free in the bathtub, too. *About $21 at Toysrus.ca.*



Open up a world of magic inside the **Sago Mini Portable Playset, Jinja's House**. The kit comes with Jinja and Rosie figurines, delightful accessories and folds into a handy storage box in seconds. *$34.95 at Indigo.ca.*



New arrival, the **Our Generation Nia 18" Doll** makes stylish addition to any collection. Nia is spotlight ready with a ballet dress, adorable shoes and leg warmers. *$39.99 at Mastermindtoys.com.*

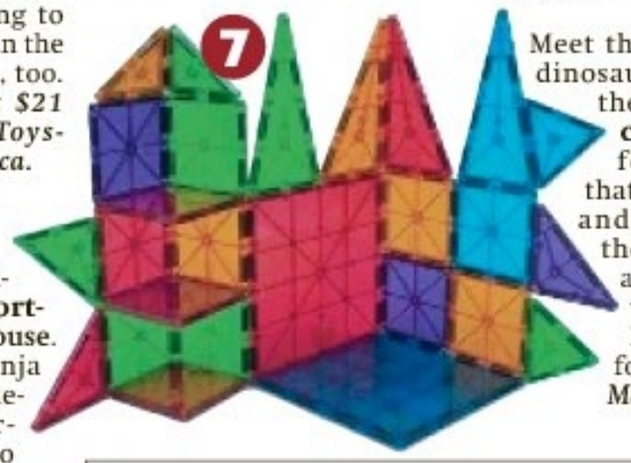


Young artists will love drawing, writing and getting their scribbles out on the **Scribble n' Play eWriter** from Boogie Board. The reusable doodle pad has an innovative multicolour LCD screen, bringing colour to eWriters for the first time. *$49.99 at Mastermindtoys.com.*

Also new from Boogie Board is the **Jot 4.5 Clearview**, featuring a translucent LCD screen and removable alphabet flashcards for tracing big and small letters — ideal for mess-free learning. *$29.99 at Michaels.com.*

5+ years

Hatchimals are literally flying off the shelves. Called the hottest toy of the season, these cute creatures live inside an egg until they are ready to hatch with the help of human touch. Once out, the fun begins as kids teach their furry critter to walk, talk, dance and play games. *$79.99 at Toysrus.ca, though finding them in stock may be tough.*



Meet the perfect pet for dinosaur enthusiasts — the **Meccano Meccasaur**, a three-foot long T-Rex that kids get to build and program. Hear the Meccasaur roar and watch it guard, walk and stomp. Recommended for 10+. *$159.99 at Mastermindtoys.com.*

6 – 15 years

Get powered up with the recent arrival of **DC Super Hero Action Hero dolls** to Canada. The Mattel line includes Wonder Woman, Supergirl, Batgirl, Harley Quinn, Bumblebee, Poison Ivy, and Katana. *About $25 each at Walmart.ca.*



1. Dance and Move BeatBow-Wow from Fisher-Price
2. DC Super Hero Action Hero dolls from Mattel
3. Jot 4.5 Clearview from Boogie Board
4. Hatchimals
5. Our Generation Nia 18" Doll
6. Zoomer Marshall from Spin Master
7. Valtech Magna-Tiles
8. Meccano Meccasaur

Disclaimer: Product availability and prices subject to change at retailer's discretion.





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Try 'shopping' your yard for items like pine boughs or berry-covered branches.
STEPHANIE ROSE FOR GARDENTHERAPY.CA

Look to your backyard for decor

FORAGING IS FUN

Your garden might yield the perfect items for natural decorations

Tara Nolan

As you toss your autumn arrangements in the compost and untangle strings of lights, start dreaming up what you are going to add to your mantle or outdoor urn this season.

Sure, you can buy ready-made arrangements, but it can be fun and inexpensive to put your own together. Consider "shopping" your yard for common items, such as pine and spruce boughs, sticks and acorns. Pick up hard-to-find or exotic materials, such as magnolia leaves, eucalyptus branches and birch logs, from your local garden centre.

If you have a balcony, you can still rustle up some materials by taking a foraging walk. Or, head to the nearest Christmas tree sale to see what they do with the branches they trim from the bottoms of the trees. They may be happy to give them away.

Stephanie Rose, creator of GardenTherapy.ca and award-winning author of Garden Made: a Year of Seasonal Projects to Beautify Your Garden and Your Life, grows several plants in her Vancouver-area garden specifically for holiday decorating. "I have a large, beautiful holly tree right outside my office window that doesn't mind sharing a few berry-covered branches for a wreath, planter or table decor," she explained.

Rose says she's always collecting materials as she finds them and stores them for projects as they come about. "In the fall, I make sure to gather a large bag of pinecones before the rain soaks them," said Rose. "I dry them in the oven (on low) and scent them with essential oils to display in bowls around the house as a natural air freshener."

As for outdoors, Rose says she makes a huge, lush wreath from garden clippings each year (leftover evergreen cuttings make it into her planters). "While the process is the same, no wreath ever looks the same because I use a variety of colour and textures from evergreens and berries," she says.

This year, Rose will add miniature wreaths to use as present toppers to her to-do list.

CAUTIOUS CUTS

Before you wield those pruners with abandon, know that some trees are not overly partial to a pruning at this time of year. Here are a few tips to keep in mind.

- Make sure pruners or secateurs are clean and sharpened, so they make clean cuts.
- Don't leave a stub as it can invite disease — take the branch at its base from a larger one.
- Avoid crushing the stems when you snip and never rip off a branch.

Super smartphones for the greatest gifts

BEST OF THE SEASON

Hottest mobile devices ideal for a loved one ... or even yourself

Marc Saltzman

Gifting a smartphone is like wrapping a dozen products in one — considering these digital Swiss Army Knives can handle everything from photography and music to games and fitness tracking to messaging and movies to web browsing and GPS navigation. Oh, and they make phone calls, too.

The good news there's no shortage of exceptional options.

Whoever you're shopping for (hey, even yourself), the following are a few noteworthy recommendations. Be sure to check if the phone is available through your preferred carrier.



Google Pixel XL
If you like a large "phablet" (half phone, half tablet), a clean user-interface and a smart personal assistant, then you might opt for the Pixel XL ($549 on 2-year term). Google's first smartphone is a 5.5-inch device with a cool-to-touch metal and glass chassis, Snapdragon processor, intelligent camera, and pure ("vanilla") Android device, with no third-party software added. Looking for something a little smaller? The 5-inch Google Pixel is identical to the Pixel XL, except for the screen size. Both phones work with Daydream ($99), Google's new virtual reality headset for high-quality, mobile VR.



iPhone 7 Plus
At only 7.3 millimetres thin and weighing 188 grams, the iPhone 7 Plus ($548.99 on 2-year term) offers one of the best cameras available. The splash-, water- and dust-resistant smartphone features a 12-megapixel wide-angle and telephoto camera (*f*/1.8 aperture for the wide-angle, *f*/2.8 aperture for the telephoto), 2x optical zoom, optical image stabilization, autofocus, quad-LED flash, high-dynamic range (HDR) and 4K video recording (delivering four times the resolution of HD). This 5.5-inch iOS device is also no slouch in the power department, plus it supports millions of quality downloads from the App Store and iTunes.



Moto Z Play
Delivering a lot of bang for buck, the Moto Z Play ($0 on 2-year term) is a super slender Android phone that lets you easily attach various "Moto Mods" on the back of the device. Accessories include: a JBL SoundBoost Speaker ($99); Incipio offGRID Power Pack battery ($89) adding 20 hours of power; Moto InstaShare Projector ($399); Hasselblad True Zoom camera ($349); and colourful Style Shells ($29) to customize its look (including Red Ballistic, Black Leather, and Silver Oak).

Sony's Xperia X Performance



If it's an exceptional camera phone you're after (and great price), Sony Mobile's Xperia X Performance ($0 on 2-year term) packs a 23-megapixel main (rear) camera with predictive autofocus that tracks your subject, so you'll capture the moment with ultra-sharp quality. Similarly, Steady-Shot video stabilization translates to smooth and shake-free 1080p HD videos. The 5-inch water-resistant device is powered by a Snapdragon 820 processor (also ideal for gaming), and a battery that can last a couple of days between charges.



LG G5
The LG G5 ($0 on 2-year term) is a modular smartphone that lets you slide out the bottom of its metal uni-body to insert a fresh battery, camera grip with specialized buttons, and other accessories, such as a DAC (digital-to-audio converter) for high-fidelity music. Simply press a small button on the side of the G5, and pull out the base to add something new. In the photography department, the 5.3-inch phone has two rear-facing cameras: a standard 78-degree lens and a 135-degree wide-angle lens to capture more of the world around you.



HTC 10
Ideal for music lovers, the all-metal HTC 10 ($99.99 on a 2-year term) is certified for 24-bit hi-res (high-resolution) audio tracks, such as FLAC and WAV files (and support for Dolby Audio), enjoyed through its integrated BoomSound Hi-Fi edition speakers, Hi-Res audio earphones (included), or a compatible sound system. The 5.2-inch phone walks the listener through a customized Personal Audio Profile, so you can hear music the way you like to. For photo takers, HTC 10 is the world's first phone with optical image stabilization on both the front and back camera.



Asus ZenFone 3
A premium smartphone without the price tag, ASUS ZenFone 3 ($429.99 unlocked, full price) is a 5.5-inch Android device with Full HD resolution, 600 nits of brightness for easy outdoor viewing, and durable Gorilla Glass on its front and back. Along with expandable storage via microSD card, there's a dual SIM tray, so you can pop in a second SIM (phone number), perhaps having one for personal use and one for work, or if using a local SIM when traveling. A fingerprint sensor on its back adds an extra layer of security. The phone also packs an impressive 16-megapixel camera.



metro HOME
Your essential daily news



Pink's Malibu mansion sells for $12.5M U.S.

Prepping your garden for winter

ADVICE

Your spring self will thank you if you do this now

Mark Cullen
For Torstar News



All those leaves you raked up earlier in the season can be composted and spread over your garden. ISTOCK

If you enjoy puttering around the yard and are always looking for something to do out in the fresh air, this column is not for you.

That is, not if you've already got your lawn and garden set for the colder months. This column is for gardeners who thought they were done for the year — but have yet to take these steps:

Wrap cedars with two layers of burlap

Cedars nearest a road (and on the east side of it, especially where they are susceptible to westerly winds full of salt spray) are most vulnerable. Wrap them in a layer of burlap to prevent permanent damage from road salt and wrap them again to protect them from the drying effects of the wind, especially if they are exposed to the north or west.

Fertilize your lawn

This time of year provides an opportunity to apply the most important application of lawn food. Why? Your lawn will absorb the nutrients before it goes to sleep for the winter. Like a bear that forages before bedding down for the season, your lawn will store nutrients and sugars in its roots now, in anticipation of a long cold winter ahead. Look for a fertilizer formula such as 12-0-18, with high potassium (the third number) and slow-release nitrogen (the first number).

> **Like a bear that forages before bedding down for the season, your lawn will store nutrients and sugars in its roots now, in anticipation of a long cold winter ahead.**

Protect fruit trees

If we get an average dump of snow this winter, mice and bunnies can do a lot of damage to fruit trees less than six years old by nibbling away at the bark with their sharp little teeth. They resort to this sort of thing when snow makes it hard for them to fill their tummies. Wrap the trunk of each tree with a plastic spiral that extends about a metre up the trunk from the bottom. After about six years or so, the trunks of most trees have become too tough for even rodents to enjoy. Be especially sure to wrap crabapple trees and flowering cherry trees, since rodents don't know fruiting from non-fruiting trees that flower.

Compost

All of your leaves are down and you no doubt have raked them off your lawn and onto your garden as I instructed earlier in the season. Good! If you have a compost pile or bin, empty the contents onto your garden now. Spread it all with a rake and let it sit there over the winter. Come early spring, earthworms will pull the raw compost under the surface of the soil and convert it into nitrogen-rich castings (poop). If you have not built or purchased a composter, now is a good time to do it, since there is no shortage of yard "waste" — actually, "resource" — of grass clippings and fallen leaves to fill it.

OTHER TIPS

- Give some attention to your power lawnmower. Gas goes bad over winter: remove it. Remove the spark plug connection.
- Turn off the outdoor water faucets at the source (likely in the basement) to prevent them from freezing.
- Clean out your eavestroughs — now, when the leaves in your eaves are not frozen.
- Rhododendrons and other wind-sensitive evergreens, such as taxus (yews) and boxwood, are best protected with one application of Wilt-Pruf. It prevents the drying effects of wind and low humidity during a Canadian winter.
- Done? Then it's time to relax. Congratulations on having effectively battened down the gardening hatches for another season.

Mark Cullen is an expert gardener, Order of Canada recipient, author and broadcaster. Get his free monthly newsletter at markcullen.com.

FOOD

'Tis the season for leftovers

Holiday meals tend to mean lots of leftovers; either we make enough for an army, or the army we expected didn't materialize.

If you're worried about the environmental impact of that king-size roll of plastic wrap or that stack of disposable plastic tubs, here are some alternatives:

Glass jars, stainless steel

"The key to storing leftovers in an eco-friendly way is to use — and reuse — what you already own," says Madeleine Somerville of Edmonton, author of All You Need Is Less: The Eco-Friendly Guide to Guilt-Free Green Living and Stress-Free Simplicity (Viva, 2015).

"Making use of (jars and containers) that you already have will almost always beat out buying something new," she says. "Don't worry about not having a perfect, Instagram-worthy fridge or freezer. As your old containers break, get lost or wear out, then you can begin investing in glass or stainless steel options."

Soups, stews, smoothies, frozen fruits and vegetables all work well decanted and stored in glass jars; just leave 1/4 of the jar empty for expansion.

New alternatives

Bee's Wrap, invented by Bristol, Vt., mom and gardener Sarah Koeck, is a beeswax, jojoba oil and resin-coated organic cloth that can be used to cover bowls or to wrap breads. It comes in several sizes and warms to a pleasing malleability when handled. The wraps last about a year, and can be cleaned with cool water. And if you find it hard to relinquish plastic bags, consider Bio Bags. They're made of plant starch so you can compost the bag.

Freeze it

Kris Bordessa, who writes a blog called Attainable Sustainable, suggests: "When it's time to clean up after dinner, we often have small amounts of vegetables or sauces left in the pan. Not quite enough for a leftover lunch, but enough that I don't want to waste it."

She collects those odds and ends in containers in the freezer. When she makes soups, she reaches for one of those jars. The trick, she notes, is not to mix incompatible flavours. She also freezes small quantities in muffin tins.

THE ASSOCIATED PRESS



Bee's Wrap is great for covering bowls of leftovers, proofing dough and bringing to holiday gatherings to cover platters of food or giving as a hostess gift. BEE'S WRAP

metro SPORTS



"I am vehemently against it": Montreal-raised actor/filmmaker Jay Baruchel is still upset over the P.K. Subban trade

First lady 25 years later

HOCKEY

Goalie became first woman to play in major juniors in 1991

Every few years, Manon Rheaume gets asked about Nov. 26, 1991, the night she made hockey history.

Playing in goal for the Trois-Rivieres Draveurs, the then-19-year-old Rheaume became the first woman ever to appear in a regular-season game in the Quebec Major Junior Hockey League.

Through guts and perseverance, Rheaume became a pioneer.

It all started when Gaston Drapeau, head coach and general manager of the Draveurs, invited the Lac-Beauport, Que., native to training camp.

"People had said no to me so many times because I was a girl that when someone gave me a chance I said, 'Yes, I'll take it,'" Rheaume, 44, said in an interview at her home near Detroit. "It was a chance to experience hockey at a higher level."

Manon held her own, posting the third-best goals-against average among the six goalies in camp. That earned a chance to play in a pre-season game against the St. Jean Lynx.

"The guys were pretty excited in the dressing room," recalled Norman Flynn, the Lynx coach at the time. "They couldn't wait to fire shots at her to see how she would do."

She was sent down to the Tier-2 Louiseville Jaguars after the game, but not without drawing praise from Drapeau. And when starting goalie Jean-Francois Labbe was injured in mid-September, she was recalled to act as backup to the No. 1 goalie — future NHLer Jocelyn Thibault.

After warming the bench for two games, her big moment came in the middle of the second period of a game against the Granby Bisons, before a crowd of 2,025.

Rheaume entered with the game tied 5-5, and the first test came against Philippe Boucher, a defenceman with a booming shot who later played in the NHL.

"I came across the red line and took a shot, and the puck hit her pads and stopped on the goal-line," said Boucher, now head coach of the Quebec Remparts. "We all wanted to be the first to score on Manon.

"We were 17 or 18 years old. Manon was the star that night, but we wanted to have our part in it."



Manon Rheaume with three of her masks this month in Detroit. PAUL CHIASSON/THE CANADIAN PRESS

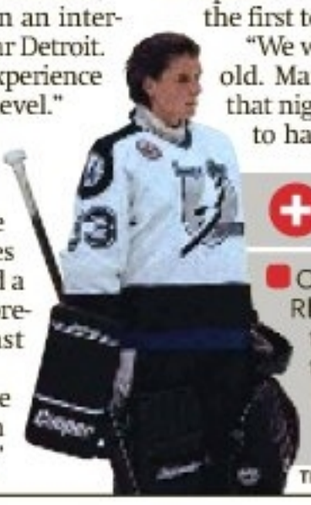
Rheaume allowed three goals on 17 shots before leaving the game with a cut over an eye when her mask was shattered by a shot from Patrick Tessier. She was chosen as third star of the game despite her team's 10-6 defeat.

"I was just very grateful to Mr. Drapeau for inviting me to camp," said Rheaume. "The night he let me play, he put aside the fact that I was a girl and looked at me as a goaltender."

Rheaume ended up playing 24 men's pro games in a variety of leagues over the years. She also made her mark in women's hockey, winning gold medals with the Canadian team at the 1992 and 1994 world championships and taking silver at the 1998 Winter Olympics in Nagano, Japan.

Today, she helps run the girls hockey program for Little Caesars, an organization associated with the Detroit Red Wings, and coaches the under-12 girls team. She had a foundation that provides funds to girls under 19 in sports. She is also on the organizing committee for the 2017 women's world championship in Plymouth, Mich.

"To have a chance to earn a living in the sport I love, I couldn't ask for more," Rheaume said. THE CANADIAN PRESS



MAKING IT TO THE SHOW

- On Sept. 23, 1992, Rheaume became the first woman to play in an NHL pre-season game for the Tampa Bay Lightning.
- Rheaume played one period, allowing two goals on nine shots against the St. Louis Blues.

THE ASSOCIATED PRESS FILE

HOCKEY

Szabados returns to Canadian roster

Shannon Szabados says she could write a book about her departure from the Peoria Rivermen, but the goaltender would rather discuss her return to the Canadian women's hockey team.

The 30-year-old from Edmonton was among the 22 women named to Canada's roster Wednesday for a two-game series against the United States in December. The archrivals meet in Plymouth, Mich., on Dec. 17 and again in Sarnia, Ont., on Dec. 19.

Szabados hasn't been on the ice with the Canadian women since Feb. 20, 2014, when her 27 saves helped Canada win the Olympic women's hockey final in Sochi, Russia. She's played men's pro hockey in the Southern Professional Hockey League (SPHL) since then and most recently with the Rivermen.

The two-time Olympic gold medallist has spent the majority of her hockey career playing with and against men. Szabados knows the adjustments she must make upon her return to women's hockey.

"They're pretty different games for a goalie," she said Wednesday on a conference call. "For the girls, I find they hold onto the puck a little bit more. It's a little more puck possession. The guys never like it when I say this, but the girls play a little bit more of a smarter game. The men, it's a little more run and gun."

She spent the last two seasons with the SPHL's Columbus Cottonmouths. Her overall record was 20-20-6, and she carried a save percentage over .900 each year. THE CANADIAN PRESS



Shannon Szabados with a gold for Canada at the 2014 Sochi Olympics. GETTY IMAGES

NFL

RG3 thankful to be practising again

Robert Griffin's day of thanks came a little early.

For the first time since breaking a bone in his left shoulder in Cleveland's season opener, Griffin practised on Wednesday, a significant step for the quarterback whose career has been undermined by injuries.

Griffin arrived at the Browns' facility not knowing if he had been formally designated for return by the team. Once he received news he was going to practise, RG3 could hardly contain himself.



Robert Griffin III GETTY IMAGES

"I put my shoulder pads on and went out and ran around like a little kid," he said. THE ASSOCIATED PRESS

IN BRIEF

CEO of Golf Canada to step down in February

Golf Canada CEO Scott Simmons is leaving the post in February.

Simmons, who has been in the job since 2007, said it was "a very personal decision, and a difficult one."

"It has been an honour to represent and lead Golf Canada for the past 10 years, but I felt the time was right to seek out new challenges," Simmons said in a release. THE CANADIAN PRESS

RUGBY

Landry takes over captaincy in opener

Ghislaine Landry will serve as captain in the absence of the injured Jen Kish when Olympic bronze medallist Canada opens the HSBC Women's Seven Series in Dubai.

The Dec. 1-2 tournament kicks off the five-stop rugby circuit that visits Langford, B.C., next May.

Kish, who recently tried out for the Canadian bobsled team, is rehabbing a neck injury that has flared up again. She was originally hurt at the final stop of the 2016-17 World Series.

SEVENS

Canada finished third on the world circuit last season, winning the final event in Clermont, France.

"She got through Rio on it but she's taken some time off right now to build up that area so it doesn't become a chronic issue," said Canadian coach John Tait. THE CANADIAN PRESS

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GREY CUP 2016

Dickenson and Campbell yet to taste success as head coaches



Rick Campbell instructs his Ottawa Redblacks on Wednesday in Toronto. Stampeders coach Dave Dickenson and himself served together in Calgary. NATHAN DENETTE/THE CANADIAN PRESS

They'll be on opposite sidelines as Grey Cup adversaries Sunday, but Rick Campbell and Dave Dickenson are hardly strangers.

They became good friends working together as assistants under Calgary head coach John Hufnagel from 2012-13 before Campbell left to become the Ottawa Redblacks' head coach. Dickenson remained and succeeded Hufnagel as Stampeders head coach this season. Both will chase their first Grey Cup title as a head coach Sunday when Ottawa faces Calgary in Toronto. And while the two often spoke about football during their time together, Campbell admitted Wednesday at the annual Grey Cup coaches news conference they didn't always talk shop.

"We usually talked about music or our celebrity crushes, things like that," Campbell said with a smile. "Or how crazy it would be to be head coaches."

But they didn't always agree, especially when it came to Campbell's love of grunge rock. "I can't speak for him on that as far as I'm not in love with his music choices," Dickenson said.

Dickenson, 43, and Campbell, 45, come by their present jobs honestly. Dickenson's father, Bob, was a football coach while his older brother, Craig, served this year as the Saskatchewan Roughriders' special-teams coordinator. Dave Dickenson, a former star quarterback, became a coach after spending 10 of his 12 pro seasons in the CFL with Calgary and B.C. earning induction into the Canadian Football Hall of Fame in 2015.

Rick Campbell followed in the footsteps of his legendary father Hugh last year when he was named the CFL's coach of the year and is a finalist for the 2016 honour with Dickenson.

15-2-1

The Calgary Stampeders are strong favourites to win the cup with such a good record this season.

Dickenson led Calgary to a league-best 15-2-1 record as a first-year head coach, the 15 wins being the most ever recorded by a rookie head coach in a season. But the 43-year-old said he really didn't endure many surprises his first year in the top job. "I feel like I've been prepared for a while," Dickenson said.

Campbell and the Redblacks, who are making their second straight Grey Cup appearance despite finishing atop the East Division with an 8-9-1 record, are the first team in CFL history to secure first in a division with a losing mark. The pressure this week is squarely on Calgary to cap its dominant season with a championship. The Stampeders opened the week as early nine-point favourites. THE CANADIAN PRESS



I just did my best and the guys certainly have a purpose. We play for more than ourselves.
Stamps coach Dave Dickenson

IN BRIEF

Neymar may face fine and prison for corruption

Spanish prosecutors are seeking a two-year prison sentence and a $10.6M fine for Neymar on corruption charges because of alleged irregularities during his transfer from Brazilian club Santos to Barcelona.

Prosecutors said Wednesday they are seeking the same punishment for Neymar's father and former Barcelona president Sandro Rosell. Rosell is facing another three years for fraud charges. THE ASSOCIATED PRESS

CHAMPIONS LEAGUE

Rostov causes upset but Bayern advances

Bayern Munich had to settle for second best after losing to tenacious Russian club FC Rostov 3-2 in a Champions League match on Wednesday. Bayern had already qualified but will now finish second in Group D thanks to Atletico Madrid's 2-0 win over Eindhoven. Rostov was already eliminated, but can reach the Europa League.

Two months after beating Rostov 5-0, Bayern struggled to deal with Rostov's rapid counter-attacks as well as a never-say-die spirit which brought it back from 1-0 down to claim arguably the most famous win in the club's history. Rostov took a 2-1 lead after the break when Dmitry Poloz stepped up to dispatch a penalty after Christian Noboa was fouled.

Bayern pulled level again when Juan Bernat scored with a fierce shot from a narrow angle. Noboa hit the winner in the 67th, curling a 20-metre free kick over the Bayern wall and into the bottom-right corner. THE ASSOCIATED PRESS

RECIPE Coconut Lentil Soup



PHOTO: MAYA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

Ginger, curry and coconut give this soup rich and complex flavours.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 large carrots, peeled and diced
- 2 cloves of garlic, minced
- 1 Tbsp fresh ginger, minced
- 1 Tbsp curry powder
- 1/2 tsp each cinnamon and cumin
- 1/3 cup tomato paste
- 4 cups vegetable stock
- 3 cups water
- 1 can coconut milk
- 2 cups dried red lentils
- 1 big handful of fresh spinach, sliced into ribbons
- Juice 1/2 lemon
- Salt and pepper to taste

Directions

1. Heat oil in a big pot over medium heat. Add onions and carrots and cook until they soften, about 3 minutes. Toss in garlic, ginger and spices. Stir and cook for another 3 minutes. Add the tomato paste and stir again.

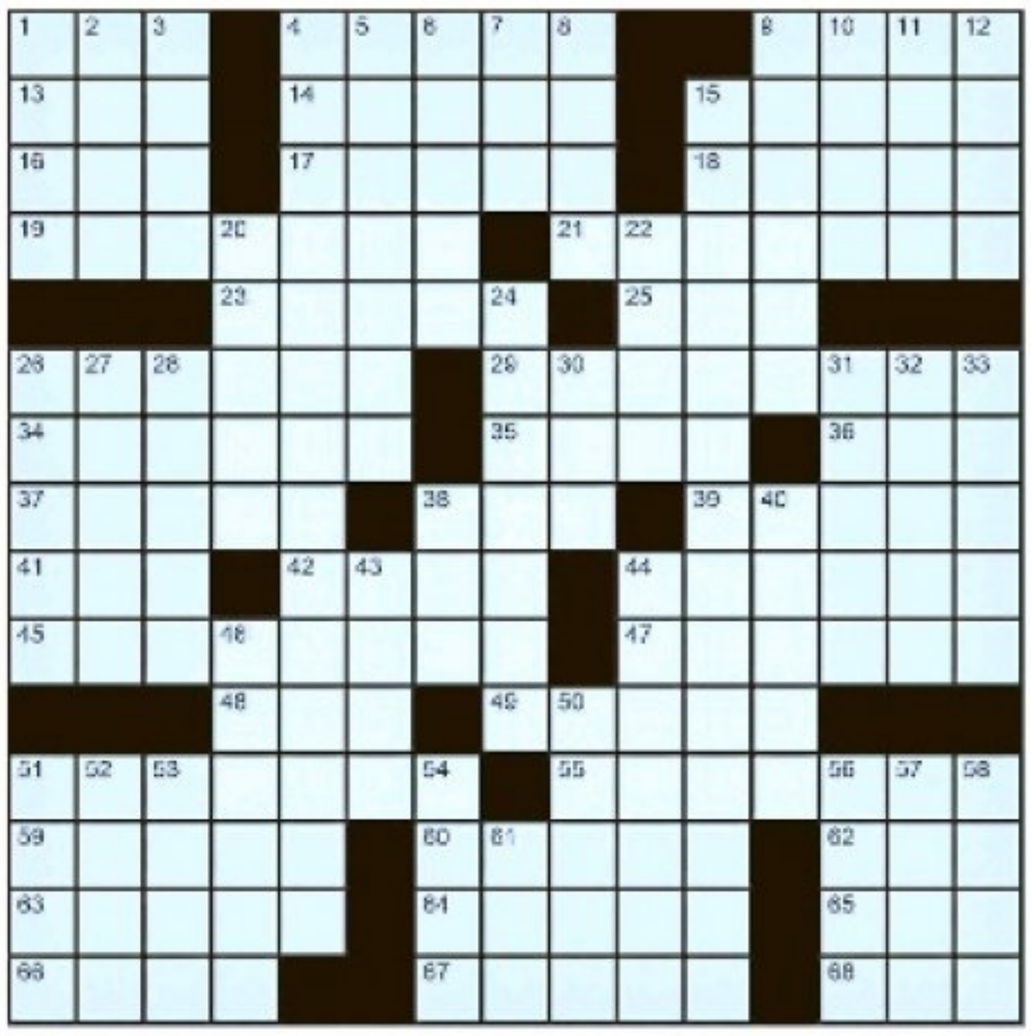
2. Pour in stock, water, coconut milk and lentils. Stir and let it simmer — not boil — for about 25 minutes. Taste to check that lentils are tender.

3. Throw in the spinach and stir it around until it just wilts. Add the lemon juice and taste before adjusting for salt and pepper.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Car's craving
4. Finishes a room's 'roof'
9. Horus and Apollo
13. Fitting
14. Year's historic record
15. Variant-spelled hawk's nest
16. Last letter, USA-style
17. Big name in motor scooters
18. Earthy pigment
19. Drastic
21. Server at Starbucks
23. Segments
25. Richie's portrayer on "Happy Days"
26. Next to
29. Vacationing visitors
34. Ottawa-born singer/songwriter Ms. Morissette
35. Town in Quebec near Lac Saint-Jean
36. Even if, briefly
37. Canadian band, Doug and The __
38. "Why, __ be an absolute honour!"
39. Jack __, Kiefer Sutherland's "24" role
41. One of a white canvas sneaker brand
42. Own
44. Melancholy in mood
45. Haughtier
47. Spectrum sources
48. Chap
49. Undercover agents
51. Warrior of Japan
55. Facing difficulty: 3 wds.
59. Preamble
60. Forged material
62. Lacto-_ vegetarian
63. Contests of ancient Greece
64. Belgian tenor/Elvis impersonator, Helmut __
65. Australian band, __ At Work
66. Wrongdoing, in law
67. Bottomless pit
68. Before

DOWN
1. Fixed stare
2. Top
3. Proofreader's mark
4. Canadian potatoes brand (frozen French Fries, fresh potatoes, etc.) since 1980: 2 wds.
5. Foes
6. Map detail
7. Around-the-track unit
8. Hunk
9. Horoscope sign
10. Spheres
11. __ Coke
12. Doubled Doris Day song word
15. Northern Lights: 2 wds.
20. Regretting
22. __ lily
24. Declarants
26. Suns
27. "Juno" (2007) star Ms. Page
28. __ Arabia
30. __-fashioned
31. Concert ticket remnants
32. Heat unit equivalent to 100,000 BTUs
33. Bruises, for example
38. 'Excess' ender
40. Awry
43. Verdi opera
44. Sorts of small pianos
46. Articulate
50. Devoutness
51. Tiff
52. Ti-Cat's rival
53. Berth
54. Filmdom's Ms. Fisher
56. __ and Circumstance
57. "Head __ Heels" by The Go-Go's
58. Singing voice characteristic
61. From A __ _ (Step-by-step)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A discussion with a partner or close friend will be super intense today. However, the bottom line is that you want to make things better for everyone. This you all can agree on.

Taurus April 21 - May 21
At work today, you'll have intense relations with foreign countries or people from other cultures. You are enthusiastic about introducing reform and ways to expand.

Gemini May 22 - June 21
This is a great day to make ambitious vacation plans. In fact, all your ideas to socialize and explore the arts and enjoy yourself are exciting!

Cancer June 22 - July 23
You have great real-estate opportunities and chances to improve your home in the coming year. Today is a good day to start thinking about what you want to do.

Leo July 24 - Aug. 23
Your enthusiasm for something is the energy that will carry you through. That's because everything basically starts in your mind, doesn't it?

Virgo Aug. 24 - Sept. 23
This is an excellent day to think of how to boost your income now and in the future. Trust your money-making ideas. You can do this.

Libra Sept. 24 - Oct. 23
Because lucky Jupiter is in your sign this year for the first time since 2004, you are on a roll! Make the most of this opportunity to explore your good fortune.

Scorpio Oct. 24 - Nov. 22
Powerful things are taking place in your life now, which affects your view of the world. This is why you want to explore your inner world more deeply.

Sagittarius Nov. 23 - Dec. 21
You might join a group or be involved with people who will change your way of looking at things. They will expand your world and affect your future goals.

Capricorn Dec. 22 - Jan. 20
This year you have a chance to really boost your reputation in the eyes of others. Today, you begin to see ways to do this.

Aquarius Jan. 21 - Feb. 19
Big travel plans or an introduction to a belief system might change your life this year. You are getting an inkling of what is going to happen by what you are planning today.

Pisces
Feb. 20 - March 20
The support you receive from others is undergoing a major overhaul. The bottom line is simply this: It has to benefit you. Make sure this happens.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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